



O'Keefe & Merritt gas ranges are designed for perfect cooking — tested and approved by leading research laboratories.



O'KEEFE & MERRITT COMPANY

3700 E. OLYMPIC BLVD., LOS ANGELES 23, CALIF.



O'KEEFE & MERRITT
Cook Book
 AND OPERATING MANUAL



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Care and Use of your new



O'KEEFE & MERRITT AUTOMATIC GAS RANGE

HOW TO LIGHT TOP BURNER PILOTS

Most ranges have two top burner pilots located near the burners they ignite. When only one pilot is used it is located in a central point between the (4) four burners.

1. If your range has a one piece top, remove griddle and top grates and raise top from front. A support is provided to hold the top up.
2. If you have a two piece top and griddle or three piece top, remove all three pieces.
3. Light pilots with a match and replace top parts.

PILOT ADJUSTMENT: Your O'Keefe & Merritt range is equipped with "pin-point" pilots for a cooler kitchen. The pilot flame should be about 3/16" high. If the pilots are set too high, poor ignition and sooting will result. You will find the pilot adjustment by following the pilot tubing back to a point where it connects to the "Y" fitting or to the manifold or main feed pipe.

LOCATION OF SAFETY VALVES (Natural or Mfg. Gas)

Depending on the model of your range the red button safety will be located in one of the following locations:

- a. Under left and right cook tops
- b. In storage compartment on ranges with long storage door on left of range.

LOCATION OF SAFETY VALVES (LP Gas)

On LP ranges with high broiler or double oven, the safety valves are located under the broiler. Gain access by opening storage drawer. The valve on the left is for the broiler and the one on the right for the oven.

TO LIGHT or RELIGHT OVEN PILOT (Natural Gas)

1. Open pilot door below oven. Pilot will be found near rear of burner on left side facing range.
2. With oven control dial in "OFF" position, light pilot, located at rear, with match.
3. Wait not less than 1 minute and push in firmly on oven safety valve and release. Oven should then be ready to light by turning oven control dial to desired temperature.

TO LIGHT or RELIGHT OVEN PILOT (LP Gas)

1. Remove oven tray and oven bottom.
2. Push in firmly on red button on oven safety valve and light pilot with match. Hold match over hole at rear of baffle plate which covers oven burner. Keep pressure on red button for at least 1 minute or until pilot flame remains lit.

TO LIGHT or RELIGHT HIGH BROILER (Natural or Mfg. Gas)

1. With the broiler valve in the "OFF" position, light broiler pilot with match. Pilot is at rear of burner.
2. Wait not less than 1 minute and then push in on broiler safety valve and release.
3. The broiler burner should now be ready to light by turning on the broiler valve knob.

TO LIGHT or RELIGHT HIGH BROILER (LP Gas)

1. With the broiler valve in the "OFF" position, push in firmly on the red button of the broiler safety valve and light pilot with match. Pilot is at rear of burner. Keep pressure on red button for at least 1 minute or until pilot flame remains lit.
2. The broiler burner should now be ready to light by turning on the broiler valve knob.

Pilot Adjustment: Your O'Keefe & Merritt Range is equipped with "pin-point" pilots. Adjust safety pilots to not over 5/16" flame. High yellow flame on pilots will result in poor ignition and sooting. You will find the pilot adjustment by following the pilot tubing up into the range to a point where it connects with the manifold or main feed pipe.

HOW TO USE YOUR TOP BURNERS

ALL top burners on your O'Keefe & Merritt gas range light automatically when the valve is turned on—and since they are all built to GIANT-BURNER specifications they give you fast, full heat for speedy cooking.

HOW TO USE THE HARPER CENTER SIMMER BURNER

Some of the O'Keefe & Merritt models are equipped with the Harper Center Simmer Burners. If your range is so equipped, use them according to the following directions:



Center Simmer Position



Full Flame Position



Intermediate Position



Keep Warm Position

1. TO START COOKING: Turn burner valve handle counter-clockwise until you hear a click. (This is the center flame position and this part of the burner serves as a pilot to the rest of the burner)
2. Then turn the valve handle further counter-clockwise to the full flame position. Use this flame to bring most foods to a fast boiling point.

3. TO SIMMER: After food reaches boiling point, turn the valve handle clockwise until you hear a click. This is the center simmer position on the burner and this setting provides the correct amount of heat for "simmer cooking" of many foods.
4. The amount of heat that is needed to complete cooking after the boiling point is reached depends on the size and type of the utensil and the kind and quantity of food being prepared. You may adjust the size of the flame to maintain any intermediate cooking heat.
5. KEEP-WARM SETTING: Harper Center Simmer Burners have the additional feature of a keep-warm setting. After cooking has been completed, you may turn the valve handle on to another "click" setting. Small flames in the center portion of the burner, supply just enough heat to keep foods at "second serving" temperature. This flame is for keeping foods warm after cooking and should be used only when the burner is heated.

Caution: Never Light the Top Burners When the Vanishing Shelf Cover is Down

FOR RANGES WITHOUT HARPER CENTER SIMMER BURNERS

Single burners have no separate simmer center burners—they are equipped with "high-low" valves. After food reaches boiling point, simply adjust to a low flame position by changing the size of the visible flame.

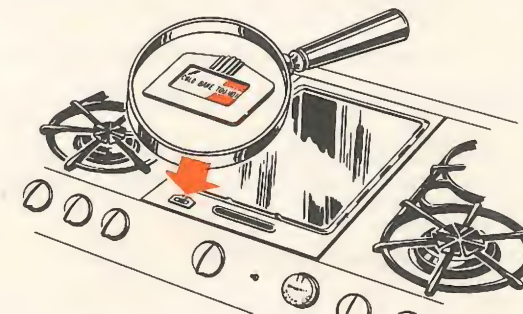
IF TOP BURNER DOES NOT LIGHT

Raise top to see if pilot is lit. If pilot is lit and burner does not light, examine burner to make sure that burner port pointing directly into flash tube is not clogged. Clean port with fine wire or straightened paper clip and replace burner. See "CARE of TOP BURNERS"

HOW TO USE GRIDDLE

General Use:—

1. Avoid overheating—fats should never reach the smoking point.
2. Preheat to cooking temperature by turning flame on low while preparing food (flame height can be determined by looking into the chrome reflector directly under the slot at the front of the griddle).
3. When griddle heat indicator needle reaches the "bake" position, griddle is ready to use.
4. Adjust flame to maintain desired temperature. (Low to medium for most frying.)
5. Have foods at room temperature.
6. Use unsalted fat in minimum amounts for frying. (Butter and margarine have low smoking points and burning or sticking may occur.) When these fats are used for grilling sandwiches, etc., keep the griddle heat a little lower.



7. CAUTION: Never allow heat indicator to go into red margin indicating too hot!

HOW TO USE YOUR OVEN

The best results in oven cooking depend on accuracy in measurement of the ingredients, regulation of the oven temperature and the time.

Your oven control will automatically regulate the oven flame and maintain any selected oven temperature.

YOUR OVEN CONTROL

FOR RANGES WITH AUTOMATIC LIGHTING: Simply press in and turn dial on desired temperature. Thus, with one simple "turn of the wrist" you turn the gas and set the oven control to the desired temperature.

FOR RANGES WITH NON-AUTOMATIC LIGHTING: On ranges with match lighting, hold a lighted match to the lighter tube at the front of the oven (marked: "LIGHT HERE") and push in on dial and turn to 500° or higher. As soon as the oven burner has been lighted, turn dial to the temperature required.

NOTE: Should you desire to use your oven again after it has been turned off only a short time, turn the control dial to a setting higher than that of previous one. Then, as soon as the burner lights, reset the dial to the temperature required.

PREPARE FOOD WHILE OVEN IS HEATING: Unless the recipe specifically directs to the contrary, it is desirable to allow the oven to reach the proper temperature before placing food in it.

On certain models the end of the preheat period is indicated by the "Oven Ready" signal. On ranges without the signal this can be determined by noting when the large flame in the oven cuts down to a small flame.

To assure the best results from your oven control, minimum flame and pilot adjustments must be made at the time of installation. This cannot be done at the factory due to variations of gas pressure in different localities. Your dealer or gas company from whom you purchased your range will make the proper adjustment.

OPERATION OF THE O'KEEFE & MERRITT AUTOMATIC OVEN SIGNAL LIGHT

Some O'Keefe & Merritt models are equipped with the new automatic "Oven Signal Light" located in the clock housing. One light indicates that the oven is turned on; two lights indicate that the oven has reached the temperature for which it has been set. The red light also serves as a visual reminder to turn off the gas to the oven when the baking is finished.

HOW TO USE YOUR BROILER

Turn gas knob handle marked "Broiler" to full "on" position. No preheating is necessary. Broiler should be closed while broiling.

Casserole dishes, roast, fowl and vegetables require low flame. To set low flame in broiler, turn broiler to full "on" position, open broiler door and observe flame in broiler grid handle which acts as a mirror. The visible flame can then be adjusted to suit your need.

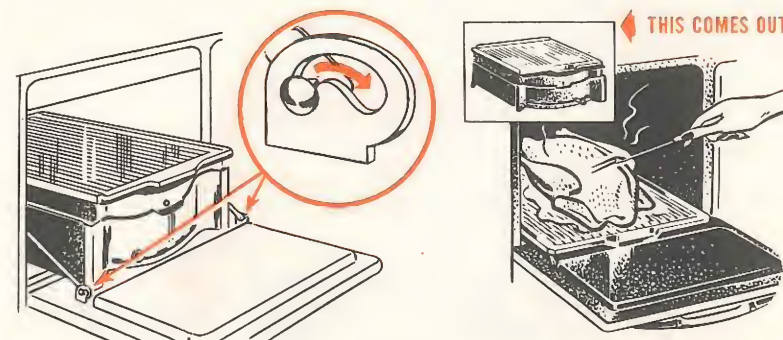
See "Broiling" in "General Cooking" section of this book.

HOW TO REMOVE THE GRILLEVATOR FOR DEEP BROILING

O'Keefe & Merritt models equipped with the waist-high Grillevator can be quickly and easily adapted for deep-broiling simply by removing the Grillevator unit. Thus, in one simple operation, your range is ready to deep-broil hams, fowl or larger roasts with flame-kissed barbecue effect. To remove the Grillevator, observe the following instructions:

1. Grasp the forward ends of the rods on each side of the Grillevator, connecting it with the broiler door.
2. Lift up and pull full forward until the rods slide into position where they can be disengaged from the fastener plate on the broiler door.
3. Now, a slight motion of the hands inward (toward the center of the broiler door) will free the forward ends of the rods.
4. With the rods free, grasp the body of the Grillevator firmly, lift up two or three inches and pull forward. The Grillevator unit will slide out of the broiler compartment and can be placed aside.
5. Remove the broiler drip pan and grill from the Grillevator unit, place them on

the floor of the broiler compartment and your range is ready for deep-broiling.



To replace Grillevator:

1. After cleaning the broiler compartment when you have finished broiling, place Grillevator Drawer unit into the compartment so that the two rollers on the bottom rear of the Grillevator slip into the track on the floor of the broiler compartment.

Push the entire unit forward in the track until the retainer knobs on the forward ends of the rods line up with the openings on the rod-fasteners on the broiler door. Then insert the knobs into the openings, lift up and push forward on the rods, and the Grillevator is back into proper position.

USE OF THE LOW BROILER (BELOW OVEN)

Remove drip pan and arrange food on cold grid. Set oven heat regulator at 550° or "B" position. Preheat broiler compartment 5 to 8 minutes if oven has not been in use.

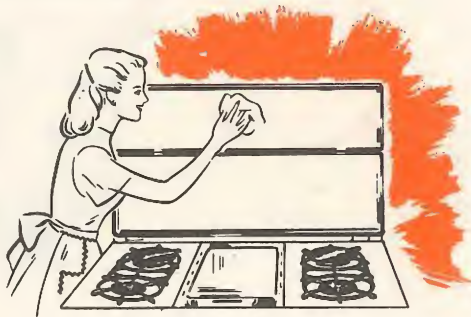
CARE OF THE BROILER

1. Preheating of the broiler area may be desired for some broiling operations. **DO NOT PREHEAT THE BROILER PAN AND GRID.**
2. As soon as broiling is finished, turn off broiler flame and remove pan and grid.
3. After food is removed, sprinkle soiled parts of broiler grid with soap chips and cover with wet dish cloth or paper towel. When cooled, wash as you would any other pan.
4. Clean interior surfaces of broiler compartment with soap and water. Add household ammonia to soapy water, if desired.



CARE OF PORCELAIN FINISH

The Titanium Porcelain Enamel on your O'Keefe & Merritt Range is essentially glass fused on metal. It is extremely durable and easy to clean, but it must be used with reasonable care to avoid chipping. By following a few simple rules you can keep your range looking like new.



1. Never wash enamel parts while the range is hot—allow porcelain parts to cool to easy-handling temperatures before washing. Sudden changes in temperature may cause cracking or chipping.
2. Even though the Titanium finish on your range is acid resisting, do not allow fruit juices, milk, vinegar or any other acid food to remain in contact with the range—wipe them off with a warm damp cloth as soon as possible to avoid a stain which cannot be removed.
3. Do not use harsh, gritty cleaning powders as they will dull the finish in time.

CARE OF CHROME PLATED SURFACES

1. Do not use harsh abrasives at any time—soap and water does most of the cleaning of chrome surfaces. Stubborn spots may need extra attention; scrubbing with a cut lemon or scouring with baking soda applied with a damp cloth usually does the trick.
2. Soap and water streaks come off easily—simply dampen a clean paper towel and go over the chrome tops.
3. Heat discoloration may occur if top-burner pilots are too high. (See top burner pilot instructions.) Adjust pilots and clean discolored area with chrome or silver polish.

CARE OF GRIDDLE

1. While griddle is still warm, wipe off grease and bits of food with crumpled paper towel. If griddle seems quite soiled, sprinkle soiled area with soap chips and cover with wet dish cloth or paper towel. Let set for 10 to 15 minutes before washing.



2. Wash thoroughly with soap and water. Use a slice of lemon if griddle is stained.
3. Rinse and dry.

CARE OF TOP BURNERS AND GRIDDLE BURNERS

The top grates, burner trays and top burners are easily removed for cleaning in a dish pan.

1. To remove top burners, remove or raise top and then disengage flash tubes at pilot lighter cup. Grasp rear of burner support until pilot flash tubes are free from pilot cup. Push back burner until front is free from valves.
2. If desired, the top burners may be washed with soda water solution (a tablespoon of soda to a gallon of water). Be sure that no ports are clogged. Drain all water from burners and dry them by placing in 300° oven for ½ hour.
3. Top of burners should be cleaned frequently by wiping with a damp cloth. Be sure that no ports are clogged to insure good lighting and a clear blue flame. Use a pipe cleaner or straightened paper clip.
4. DON'T use toothpicks or match sticks to clean burner openings as they may break off and clog the port. A razor blade may be used to clean lighting slots on the center simmer burners.

CARE OF THE OVEN

1. Clean interior of oven frequently. Use crumpled paper towel to wipe grease spatters from oven while it is still warm. Place a shallow dish of full-strength household ammonia on oven bottom for a few hours before cleaning oven. The ammonia evaporates and helps to soften soil for easier removal. Use soapy water with a little household ammonia added to wash surfaces.

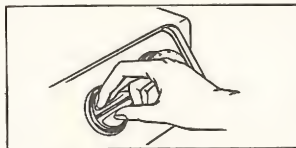
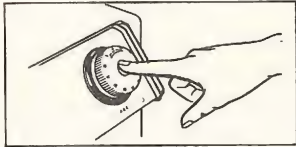


2. If fruit pies, scalloped potatoes, etc., should boil over onto oven bottom, clean thoroughly before oven is used again. (When such boil-overs occur, a generous sprinkling of dry table salt will stop the smoking while the cooking continues.
3. Use only mild cleaners on porcelain parts. There are oven cleaners which are sold for home use; follow directions carefully.
4. If oven racks are chrome finished, clean frequently, especially when foods have cooked over on racks.
5. DON'T use a knife or sharp instrument to scrape spots.

AUTOMATIC BURNER CONTROL (A. B. C.)

Some O'Keefe & Merritt ranges are equipped with an A.B.C. Timer. This timer may be used to control the right front top burner for timed cooking operations. In addition, it will serve as a reminder for other household duties when the timed burner is not in use.

HOW TO USE IT



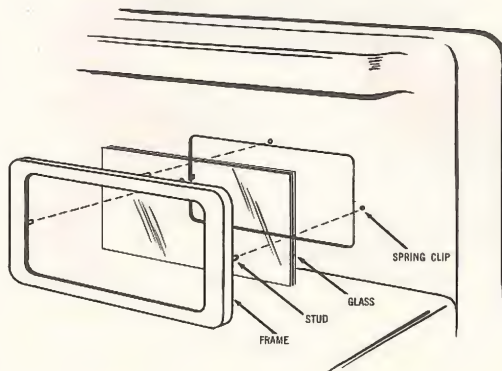
TO SET

1. Press chrome button in center of timer to release gas to right front burner.
2. Ignite burner and adjust to desired heat.
3. Turn timer past 10 (to wind) and then set to required cooking time from 1 to 60 minutes.
4. At the end of the set time, bell will ring and burner will go out.
5. Press chrome button again so that right front burner may be used in the normal manner.

NOTE: Right front burner will not operate unless center button of A.B.C. Timer is depressed.

INSTRUCTIONS FOR INSTALLING AND REMOVING HI-VUE GLASS & FLUE DEFLECTOR

The Hi-Vue glass and the vent deflector in your O'Keefe & Merritt Hi-Vue range have been designed so that they are easily removed for convenience in cleaning the range.



TO REMOVE HI-VUE GLASS

Pull straight forward on chrome frame and glass will drop out.

TO REPLACE HI-VUE GLASS

Assemble frame and glass and push this assembly into place so that the studs will lock into the spring clips in the backguard.

TO CLEAN REFLECTOR MIRROR

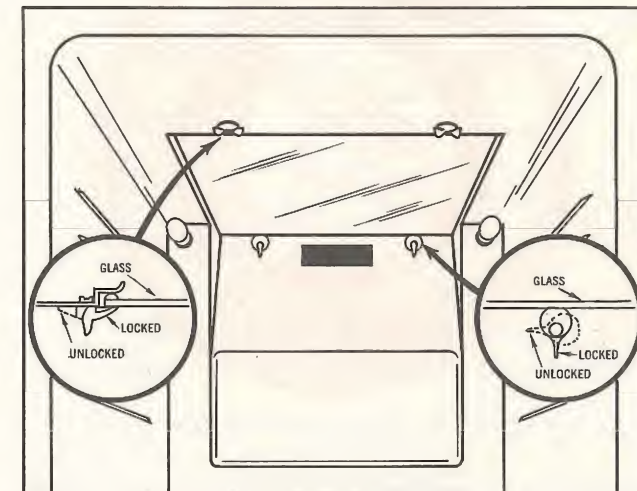
Remove Hi-Vue glass as per instructions above and clean mirror with soft cloth.

TO CLEAN CHROME VENT DEFLECTOR

The chrome vent deflector which is located on the backguard (left side) is easily removed for cleaning in the same manner as your Hi-Vue glass. Clean vent with soap and water, using mild cleaner if necessary, and replace.

INSTRUCTIONS FOR REMOVING AND REPLACING OVEN GLASS IN HI-VUE MODELS

(This is the glass located in top of oven)



TO REMOVE GLASS:

1. Turn two rear cams to unlock position.
2. Place one hand under glass and turn two front cams to unlock position. Be sure that they are turned completely away from glass.
3. Slide glass toward rear of range to free front edge and remove.

TO REPLACE OVEN GLASS:

1. Be sure that all finger prints left on top part of glass are removed before installing.
2. Glass measures 12 inches from front to rear and 11 $\frac{3}{8}$ inches across and must be installed in this position.
3. Place glass on palm of hand and insert rear edge in back lining underneath fiber glass cord. Push front of glass into place.
4. Holding glass firmly in place, turn two front cams until you feel them lock over glass. Turn two rear cams into lock position.

FOR EASY CLEANING UNDER RANGE

The front base strip of your range is a separate piece of enamel simply clipped in place. To remove for cleaning under range:

1. Grasp base strip with both hands and pull straight forward.
2. To replace base strip—Center two locaters in the spring catch on range and with a cleached hand rap base strip sharply at back end forcing locaters into clips. *DO NOT* hammer with a hard object.

CAUTION: Be sure base strip is properly positioned before replacing to avoid damage to enamel. If clips are too tight open them slightly with a screw driver.

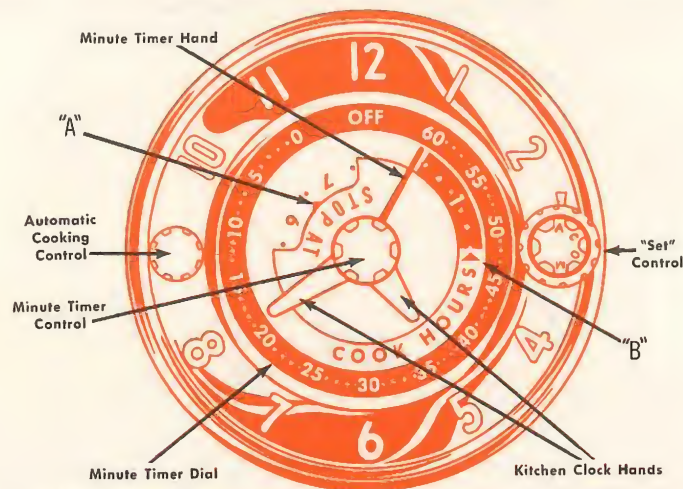
HOW TO USE THE AUTOMATIC OVEN TIMER

The following pages illustrate and explain various clocks. You will readily recognize which clock is identical to the one in your range.

If your O'Keefe & Merritt range is equipped with an Automatic Oven Timer, it will save you many hours in the kitchen—you can cook while you are away. **DON'T** forget—Your Automatic Oven Timer is also a dependable kitchen clock and a buzzer timer.

Operation of the clock is simple when you study and follow the easy instructions.

YOUR AUTOMATIC OVEN TIMER



TO SET CLOCK TO CORRECT TIME:

Turn outer ring of "SET" control until hands show correct time.

BUZZER TIMER

The buzzer timer is a non-automatic time reminder which may be used to time cooking and other household activities up to 60 minutes.

TO USE BUZZER TIMER:

Turn Minute Timer Control, center knob, to the left (counterclockwise) until the red hand points to the desired number of minutes on the red dial. (In the illustration, the timer is set for 60 minutes.)

When the pointer returns to zero the buzzer will sound until shut off. To shut off buzzer turn the pointer from zero to "OFF".

TO USE THE TIMER FOR FULLY AUTOMATIC OPERATION

1. Turn Automatic Cooking Control in either direction until the "Stop At" pointer "A" is opposite the time you wish to stop cooking. In the illustration, the stop cooking time is 6:30 o'clock.

2. Now turn Automatic Cooking Control in opposite direction until the number of hours you want the food to cook is shown opposite the red arrow "B". In the illustration, 1¼ hours (cooking hours) are shown.

3. Turn inner knob of "SET" control all the way to the right (clockwise) until the letter "A" (for Automatic) is straight up. The timer is now set to turn oven on and off at the time selected. At the start of the cooking period, inner knob of "SET" control will advance automatically until the letter "C" (for "Cook") is upright. At the end of the cooking period, inner knob of "SET" control will advance automatically until the letter "O" (for "Off") is straight up.

4. Turn oven Heat Control to desired cooking temperature.

AFTER THE COOKING OPERATION IS COMPLETED

- A. Turn oven heat control (thermostat) to "OFF".
- B. Turn inner knob of "SET" control until letter "M" (for "Manual") on the knob is straight up. This is important! Unless the letter "M" is straight up, the oven cannot be used for manual operation.

TO USE THE TIMER FOR SEMI-AUTOMATIC OPERATION

If you desire to start cooking immediately and use the timer to stop cooking at a later time, follow instructions in paragraph 1, ("TO USE THE TIMER FOR FULLY AUTOMATIC OPERATION"). Now turn inner knob until letter "C" (for "Cook") on the knob is straight up. (In this setting it makes no difference what number of hours is shown at "B". The timer will shut off the oven at the time indicated by pointer "A".) Next follow instruction 4, in using the Timer for Fully Automatic Operation.

AFTER THE COOKING OPERATION IS COMPLETED

- A. TURN OVEN HEAT CONTROL (THERMOSTAT) TO "OFF".
- B. TURN INNER KNOB UNTIL LETTER "M" (FOR "MANUAL") ON THE KNOB IS STRAIGHT UP. THIS IS IMPORTANT. UNLESS THE LETTER "M" IS STRAIGHT UP THE OVEN CANNOT BE USED FOR MANUAL OPERATION.

TIMED CONVENIENCE OUTLET

Certain model ranges have two convenience outlets, one of them marked "timed". Appliances plugged into this outlet may be controlled automatically. Use it for your electric coffee maker so that your coffee will be ready when you arise. If your electric roaster does not have an automatic clock, plug it into the "timed" outlet on your range and it becomes automatic.

HOW TO SET TIMED OUTLET—FOR FULLY AUTOMATIC OPERATION (Where it is desired for the appliance to be turned "on" and "off" automatically) follow instructions in paragraphs 1, 2, and 3 in clock instructions for "Fully Automatic Operation". **NOTE:** Be sure oven thermostat is in "off" position.

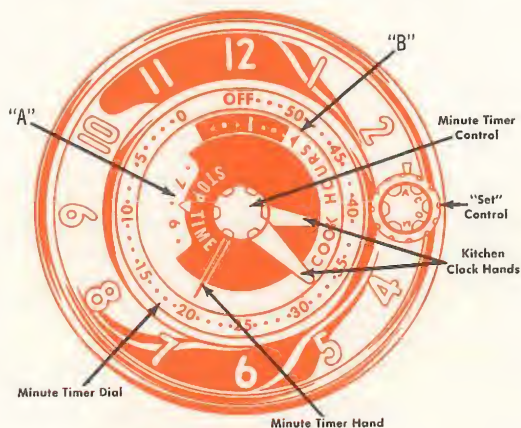
When letter "A" is straight up on inner knob of "SET" control, there is no energy in the convenience outlet. At the start of the cooking period, knob will advance to "C". The outlet now becomes energized. When the time reaches the "STOP" pointer "A" on the clock dial, the inner knob will advance automatically to the letter "O" for "OFF" and the convenience outlet will no longer be energized.

FOR SEMI-AUTOMATIC OPERATION

(Where it is desired to turn the appliance "On" manually and have it turned "Off" automatically), follow instructions in paragraph 1, of instructions for Fully Automatic Operation. Now turn inner knob of "SET" control until letter "C" (for "Cook") is straight up. (In this setting it makes no difference what number of hours is shown at "B". The timer will shut off the appliance at the time indicated by the pointer "A".) Next turn the appliance "On" or if it is a roaster, turn the heat control on the roaster to desired cooking temperature.

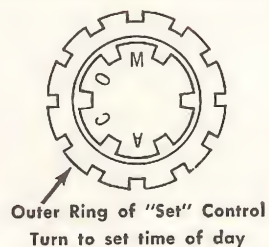
IMPORTANT! After using automatic timer, always turn inner knob of "SET" control back to "M" (For manual).

YOUR AUTOMATIC OVEN TIMER



TO SET CLOCK TO CORRECT TIME—

Push in and turn outer ring of "SET" control until hands show correct time.



BUZZER TIMER

The buzzer timer is a non-automatic time reminder which may be used to time cooking and other household activities up to 55 minutes.

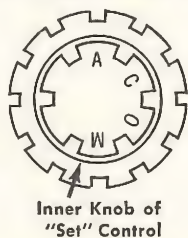
TO USE BUZZER TIMER:

Turn Minute Timer Control, center knob, to the left (counterclockwise) until the red hand points to the desired number of minutes on the red dial. (In the illustration, the timer is set for 20 minutes.)

When the pointer returns to zero the buzzer will sound until shut off. To shut off buzzer turn the pointer from zero to "off".

TO USE THE TIMER FOR FULLY AUTOMATIC OPERATION

1. Turn outer ring of "SET" control (without pushing in) in either direction until the "STOP AT" pointer "A" is opposite the time you wish to stop cooking. In the illustration, the stop cooking time is 6:30 o'clock.
2. Now turn outer ring of "SET" control (without pushing in) in the opposite direction until the number of hours you want the food to cook is shown opposite the red arrow "B". In the illustration 1 $\frac{3}{4}$ cooking hours are shown.



3. Turn inner knob of "SET" control all the way to the right (clockwise) until the letter "A" (for "Automatic") is straight up. The timer is now set to turn oven on and off at the time selected. At the start of the cooking period, inner knob of "SET" control will advance automatically until the letter "C" (for "Cook") is upright. At the end of the cooking period, inner knob of "SET" control will advance automatically until the letter "O" (for "Off") is straight up.
4. Turn Oven Heat Control to desired cooking temperature.

AFTER THE COOKING OPERATION IS COMPLETED

- A. TURN OVEN HEAT CONTROL (THERMOSTAT) TO "OFF".
- B. TURN INNER KNOB OF "SET" CONTROL UNTIL LETTER "M" (FOR "MANUAL") ON THE KNOB IS STRAIGHT UP. THIS IS IMPORTANT! UNLESS THE LETTER "M" IS STRAIGHT UP, THE OVEN CANNOT BE USED FOR MANUAL OPERATION.

TO USE THE TIMER FOR SEMI-AUTOMATIC OPERATION

If you desire to start cooking immediately and use the timer to stop cooking at a later time, follow instructions in paragraph 1, ("TO USE THE TIMER FOR FULLY AUTOMATIC OPERATION"). Now turn inner knob until letter "C" (for "Cook") on the knob is straight up. (In this setting it makes no difference what number of hours is shown at "B". The timer will shut off the oven at the time indicated by pointer "A"). Next follow instruction 4, in using the Timer for Fully Automatic Operation.

AFTER THE COOKING OPERATION IS COMPLETED

- A. TURN OVEN HEAT CONTROL (THERMOSTAT) TO "OFF".
- B. TURN INNER KNOB UNTIL LETTER "M" (FOR "MANUAL") ON THE KNOB IS STRAIGHT UP. THIS IS IMPORTANT! UNLESS THE LETTER "M" IS STRAIGHT UP THE OVEN CANNOT BE USED FOR MANUAL OPERATION.

TIMED CONVENIENCE OUTLET

Certain model ranges have two convenience outlets, one of them marked "timed". Appliances plugged into this outlet may be controlled automatically. Use it for your electric coffee maker so that your coffee will be ready when you arise. If your electric roaster does not have an automatic clock, plug it into the "timed" outlet on your range and it becomes automatic.

HOW TO SET TIMED OUTLET—FOR FULLY AUTOMATIC OPERATION (Where it is desired for the appliance to be turned "on" and "off" automatically) follow instructions in paragraphs 1, 2, and 3 in clock instructions for "Fully Automatic Operation". *NOTE:* Be sure oven thermostat is in "off" position.

When letter "A" is straight up on inner knob of "SET" control, there is no energy in the convenience outlet. At the start of the cooking period, knob will advance to "C". The outlet now becomes energized. When the time reaches the "STOP" pointer "A" on the clock dial, the inner knob will advance automatically to the letter "O" for "OFF" and the convenience outlet will no longer be energized.

FOR SEMI-AUTOMATIC OPERATION

(Where it is desired to turn the appliance "On" manually and have it turned "Off" automatically), follow instructions in paragraph 1, of instructions for "Fully Automatic Operation". Now turn inner knob of "SET" control until letter "C" (for "Cook") is straight up. (In this setting it makes no difference what number of hours is shown at "B". The timer will shut off the appliance at the time indicated by the pointer "A".) Next turn the appliance "On" or if it is a roaster, turn the heat control on the roaster to desired cooking temperature.

IMPORTANT! After using automatic timer, always turn inner knob of "SET" control back to "M" (For "Manual").

Here's a short, simple formula to help you remember the correct sequence in setting your automatic clock for controlled oven cooking:

THE FORMULA IS "W-H-A-T"

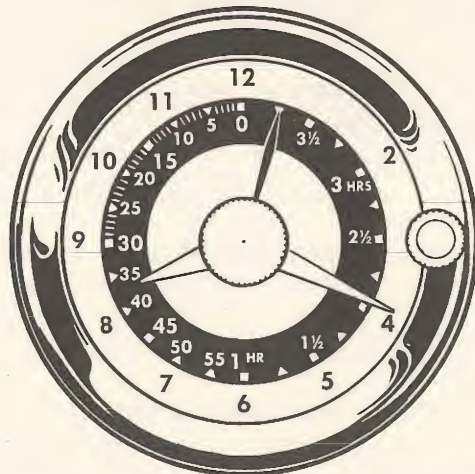
W for When—"When do we eat?" Set this time opposite the "Stop" pointer.

H for Hours—"How many hours must I cook the meal?" Set in the hours, in the small window, opposite the arrow.

A for Automatic—Put timer in automatic position. ("A")

T for Temperature—Set your oven control at the desired temperature.

ELECTRIC SIGNAL TIMER



The signal timer shown here has a chime which sounds at the end of a set period of time up to four hours.

The large hands and the outside numeral band is the electrical kitchen clock portion of the clock. To set the correct time of day, merely turn the button in the center until the large hands point to the correct time.

The colored ring in the center is the 4 hour minute minder dial. The setting time runs from 0 at the top around to the left to 60 minutes at the bottom and continues to the top of the dial for a total of 4 hours. To set the minute minder pull the button on the right and turn until the long narrow pointer rests on the desired setting time on the inner ring. When "TIME'S UP" the chime will sound for 12 minutes unless the button is pushed in.

EXAMPLE: THE CLOCK IS NOW SET AT 20 MINUTES AFTER 8 O'CLOCK AND THE MINUTE MINDER IS SET FOR 3 HOURS AND 45 MINUTES.

IF YOU HAVE A HAND-WOUND TIMER

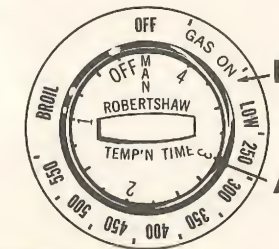
To operate your hand-wound timer, (not Automatic Burner Control), turn knob to the right until a time greater than the desired time is shown on the dial, then "BACK" toward "O" to time setting desired.

NOTE: If timing operation is less than 15 minutes, turn beyond "15" and then back to desired time setting.

HOW TO USE YOUR TEMP'N TIME CONTROL

Some models which are not equipped with automatic clock control have TEMP'N Time. You can use the TEMP'N TIME control as a combination temperature

control and timer, for automatically turning off the gas in the oven in any desired period of time, up to four hours; or as a regular oven temperature control only—without automatic shut-off by the timer.



FOR AUTOMATIC CONTROL:

1. **SET TIMER**—Push timer knob "A" in, and turn clockwise (to right) slightly past the desired time. Then turn back (counterclockwise) stopping when the desired time is in line with the small red dot.
2. **TURN ON GAS**—Push knob "B" in, and turn counter-clockwise (to left) to desired temperature setting. This is the point at which gas is ignited, either automatically or with a match.

IMPORTANT NOTE: After automatic operation, push timer knob "A" in, then turn counterclockwise until manual mark "MAN" is in line with the small red dot. The TEMP'N TIME control then will work as a standard thermostat.

EASY TO OPERATE—

You simply set the TEMP'N TIME Control for the length of time shown under "Complete Oven Meals", after allowing time for the oven to preheat. It is easy to determine when the oven is preheated for the TEMP'N TIME Control will reduce the size of the oven burner flame when the set temperature is reached. Today modern gas ranges require only 10 to 15 minutes to reach the desired temperature settings.

HOW TO LEVEL YOUR RANGE

Your range may be leveled by adjustment of the leveling jacks on the front two corners. Screw leveling jack into range base to lower, away from range base to raise the range.

YOUR OVEN LIGHT BULB

Your oven light bulb is a 40 watt "Home Oven". This bulb is especially designed for use in ovens. Replacements are available through your O'Keefe & Merritt dealer or most hardware stores.

BAKING PROBLEMS and SOLUTIONS

CAKE DIFFICULTIES

A. CAKE HIGHER ON ONE SIDE

1. Batter spread unevenly in pan.
2. Pans set too close to sides of oven.
3. Range not level.
4. Use of warped pans.

B. CAKE BURNS ON SIDES

1. Oven too full.
2. Oven too hot.
3. Pans too close to sides of oven.

C. CAKE CRACKS ON TOP

1. Oven too hot.
2. Too thick batter.
(If cake flour not used, decrease quantity about 1/4 to 1/2 cup or increase liquid 1/4 cup)

PIE DIFFICULTIES

- A. BURNING AROUND EDGES
 1. Oven too hot.
 2. Oven filled too full.
 3. Pan used may cause this—granite pan or black metal may cause scorching.
- B. PIE TOO LIGHT IN COLOR ON TOP
 1. Oven not hot enough.
 2. Oven too full cutting off circulation of air.
- C. PIE NOT BROWN ENOUGH ON BOTTOM
 1. Shiny tin or aluminum pan may cause this trouble.
 2. Filling too thin—soaking bottom pastry.
 3. Temperature too low.
- D. PIE HAS SOGGY CRUST (Especially double crust pies)
 1. Not enough heat during first part of baking—increase temperature in oven.
 2. Too much liquid in filling.
 3. Pyrex, granite or dark colored pan may help—shiny pans intensify the condition.
 4. Ingredients affect crust. Follow good recipe.

COOKIE AND BISCUIT PROBLEMS

COOKIE SHEETS

If a flat cookie sheet is used it should be 4" less than the oven width and 3" shorter than the oven depth. This rule must be followed to maintain proper heat circulation.

- A. COOKIES AND BISCUITS TOO BROWN ON TOP
 1. Uneven heat distribution in oven. See that flue is unobstructed.
 2. Pan set too high in oven.
- B. COOKIES AND BISCUITS BURN ON BOTTOM
 1. Uneven distribution of heat in oven.
 2. Pan with too deep sides.
 3. Black or granite pan used.
 4. Pan set on too low a rack in oven.
 5. Pan too wide or too long for oven.
- C. COOKIES AND BISCUITS BURN AROUND EDGES OF PAN
 1. Oven too hot.
 2. Pans too large—should have space all around pan.
 3. Oven too full—cuts off proper circulation of heat.
- D. COOKIES AND BISCUITS BROWN MORE ON ONE SIDE THAN OTHER
 1. Pan set too near one side of oven.
 2. Baffle or oven burner not level.

BREAD BAKING PROBLEMS

- A. BURNING ON BOTTOM
 1. Oven too full, shuts off proper circulation of heat.
 2. Wrong type of pans used. Granite or heavy black pans will cause this.
 3. Pans placed too close to oven bottom.
- B. BURNING ALONG EDGES.
 1. Pans placed too close to oven side.
 2. Too much dough in pans.

MISCELLANEOUS

- A. FASTER BAKING ON LOWER RACKS THAN ON UPPER ONES
 1. Oven burner flame has insufficient air adjustment—does not throw heat to top of oven.
 2. May be poor flue condition—strong down draft, banking the heat in the bottom of the oven.
- B. FASTER BAKING ON THE TOP RACKS THAN ON THE LOWER ONES
 1. Oven burner flame adjusted for too much air—throws too much heat to top of oven.
 2. May be strong up draft in flue which draws heat to the top of oven.
- C. BAKED GOODS DOUGHY IN CENTER BUT HEAVY CRUST ON OUTSIDE
 1. Oven too hot.*
 2. Baked too rapidly. Use somewhat lower temperature.

NOTE* If trouble is serious and persists, (when oven heat seems in error) it may be necessary to check and service Oven Heat Control. Consult O'Keefe & Merritt dealer or a qualified service organization.



GENERAL COOKING INFORMATION

While cooking skill to some degree develops naturally with the passage of time, the novice cook can quickly grasp cooking fundamentals if she first familiarizes herself with basic terms, weights and measures, and acceptable substitutions. Even experienced cooks find it

helpful to refer to this information when the pantry shelf lacks a necessary ingredient for a specific recipe. You will find this section a constant help in giving you the high standard of cooking for which your O'Keefe & Merritt was designed.

OVEN COOKING CHART

Time & Temperature chart for your O'Keefe & Merritt Automatic Gas Range

BREADS	OVEN TEMP.	TIME
Baking Powder Biscuits	450°	12-15 Min.
Baking Powder Bread Loaves	350°	60-70 "
Corn Bread	425°	20-25 "
Gingerbread	350°	30-40 "
Muffins	425°	20-30 "
Nut Bread—Baking Powder Loaves	350°	60-70 "
Yeast Bread, Loaves	400°	60 "
Yeast Bread, Rolls	400°	10-20 "
CAKES		
Angel Food (large)	325°	60 Min.
Chocolate Layer	350°	30-35 "
Cup Cakes	375°	20-25 "
Cream Puffs	400°	40-50 "
Devil's Food Layer	350°	30-35 "
Jelly Rolls	400°	15-18 "

general cooking information

BREADS	OVEN TEMP.	TIME
Loaf (5" x 9" x 3")	350°	50-60 Min.
Spice Layer Cake	375°	25-30 "
Sponge	325°	50-60 "
White Layer (Standard)	375°	20-30 "
White Layer (One bowl method)	350°	30-35 "
Fruit (tin or aluminum pans):		
1-pound loaf	275°	1½-1¾ hrs.
2-3 pound loaf	275°	2-3 hrs.
5-pound loaf	275°	4 hrs.
10 pounds in tube pan	275°	4-4½ hrs.
COOKIES		
Brownies	350°	30-35 Min.
Drop	375°	12-18 "
Rolled	375°	10-15 "
Refrigerator	400°	10-15 "
DESSERTS		
Baked Apples	375°	40-60 Min.
Bread or Rice Pudding	350°	40-60 "
Raw Rice Pudding	325°	2-3 hrs.
Cobbler	400°	30-40 Min.
Custards:		
Individual	300°	40-50 "
Large (1½ quarts)	300°	1½-2 hrs.
NOTE: If cooking large custard in glass or pottery, set dish in pan of water. Custards should be slightly undercooked when taken from the oven as they continue to cook while cooling. Cool custards on rack.		
MERINGUES		
Shells	250°	50-60 Min.
Pie	325°	20 Min.
		or until
		well browned
PIES		
Custard	450°	first 15 Min.
Reduce temperature to	325°	20-25 Min.
Pumpkin (3-3½ cups of filling)	425°	45-50 "
Raw Fruit (double crust)	425°	45-60 "
Pastry Shell	450°	15-18 "
NOTE: Browner pie crusts result when glass or enamel pans are used.		
SCALLOPED DISHES		
Scalloped Potatoes (raw)	350°	1-2 hrs.
Scalloped Dishes (Precooked Foods)	400°	25-30 Min.

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VEGETABLES (Fresh or Frozen)

Semi-waterless cooking: Select a saucepan having a close fitting cover. Pour in about ½ inch water and bring to a boil. Add vegetable. Turn flame on full. When steam begins to escape around cover, reduce flame to simmer and cook until vegetable is just tender. This cooking method retains the maximum flavor and color, minerals and vitamins.

Baked Potatoes 400° 50-60 Min.

ROASTS — Meats, Fowl, Fish

	TIME PER LB.	OVEN TEMP.
BEEF, Standing Rib		
Under 5 lbs.: Rare	28 Min.	325°
Medium	30 "	"
Well-done	34 "	"
Over 5 lbs.: Rare	18 "	"
Medium	20 "	"
Well-done	24 "	"
BEEF, Rolled prime		
Under 5 lbs.: Rare	38 "	325°
Medium	40 "	"
Well-done	44 "	"
Over 5 lbs.: Rare	28 "	"
Medium	30 "	"
Well-done	34 "	"
FISH, Whole or Half	10-12 "	400°
LAMB	30-35 "	325°
HAM, smoked	20-25 "	"
tenderized, ½ or whole	15-18 "	"
pickled: parboil 15 min. per lb. Bake 30 min.		
PORK	40-45 "	350°
VEAL, well-larded	35 "	325°
TURKEY, (Room temperature and Ready-to-Cook; Stuffed Weight)		
(If turkey isn't oven-ready, the drawn weight will be about ¼ less).		
8-12 lbs. roast 4 to 4½ hours		325°
12-16 lbs. roast 4½ to 5 hours		300°
16-20 lbs. roast 5 to 5½ hours		"
20-24 lbs. roast 5½ to 6 hours		"
CHICKEN, (Room Temperature Drawn Weight).		
3-4 lbs. roast 2½ to 3½ hrs.		325°
DUCKLING, (Room Temperature Drawn Weight).		
3½-4½ lbs. roast 2 to 2½ hrs.		325°
MEAT LOAF		
2-3 lbs., 1-2 hrs.		350°
VENISON		
Use chart for well-done beef. Baste with extra fat or barbecue sauce during cooking		325°

general cooking information

THE EFFECT OF ALTITUDE ON COOKING

The recipes for this book were tested in Los Angeles which is near sea level.

Because atmospheric pressure decreases as elevation increases, adjustments are necessary in some recipes if they are to be used at higher altitudes. Little or no changes are needed until we reach altitudes over 3,000 feet.

High altitude does the greatest damage to the baking processes—particularly to baked foods containing sugar, non-yeast leavenings and shortening. Baking guides for cooking at high altitudes may be obtained from the Government or from the Experimental Stations of State Colleges.

At high altitudes water boils at a lower temperature than at sea level. Longer time must be allowed for cooking vegetables and other foods in water.

In the baking of meats and vegetables oven heat can be regulated without regard to altitude. Above 5,000 feet additional time must be allowed.

COOKING UTENSILS

The type of baking utensil used varies the baking time and temperature. Tests have shown that a higher temperature is required when reflective baking dishes are used, and a somewhat lower temperature is needed when baking dishes which absorb heat, such as granite, oven glass, black or darkened utensils, or cast iron are used. In general, therefore, in using the time and temperature chart, select the lower temperature and shorter time when oven glass or dark utensils are used and the higher temperature and longer time when using lighter colored or more reflective utensils.

The size and shape of baking pans used in the oven is important. Choose baking pans which best conform to type of product to be baked in them. Ex-

amples—cookies baked in too deep a pan may burn on the bottom and not brown on top because heat can not circulate over them properly. Cookie sheets may be so large in proportion to the size of the oven that they interfere with the proper circulation of heat. The same amount of batter baked in a smaller pan will be deeper, therefore, will require longer baking at a lower temperature, than the same amount of batter in a larger, more shallow pan.

Proper placement of baking pans in the oven to allow for free circulation of heat is important for evenness of baking. Do not over-crowd oven. Baking pans should not touch each other, nor should they touch the sides of the oven. Uneven baking, and possibly burning, may result in either case.

PLACING OF PANS IN OVEN:

• *Cake*—8 inch pans—2 layers: Place rack on center glide. Both pans on the same rack and one diagonally back of the other.

9 inch pans—2 layers: Place one rack on upper glide and other rack on bottom glide, with one pan to each rack and one not directly above the other.

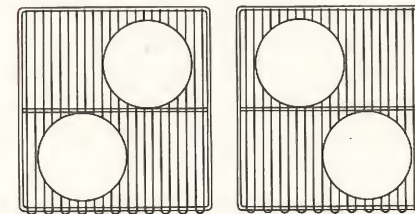
4 layers of cake (8 inch pans only): Place one rack on top glide and other rack on bottom glide. Place pans on racks per sketch shown below.

• *Pies*—Use similar position as for cakes in the oven.

• *Cookies or Biscuits*—If one pan is to be baked, place on rack in center position in oven. If two pans are to be baked, place one on rack in lower glide position.

• *Bread*—3 1½ pound loaves. Only one rack of bread can be baked in regular oven at one time. If smaller loaves than 1½ pounds are baked it may be possible to place four pans on one rack. Rack may be placed on the bottom glide and pan-of rolls, biscuits or layer cake placed on other rack in top position in the oven.

Precautions: Care must be taken not to place pans too near the sides of the oven as this will cause uneven rising and browning. There should be at least one inch clearance between the pan and the side of the oven.



LOWER RACK

UPPER RACK

WEIGHTS AND MEASURES

16 tablespoons	1 cup
3 teaspoons	1 tablespoon
4 tablespoons	¼ cup
5½ tablespoons	½ cup
16 tablespoons	1 cup
1 cup	8 ounces or ½ pint
2 cups	1 pint
4 cups	1 quart
8 quarts	1 peck
4 pecks	1 bushel
2 tablespoons fat	1 ounce
½ pound butter or fat	1 cup
1 pound water or milk	1 pint
1 pound granulated sugar	2 cups
1 pound brown sugar	3 cups
1 pound confectioner's sugar	3½ cups
1 pound flour	about 4 cups
1 pound rice	2 cups
1 pound pitted dates	2 cups
1 pound cheese	5 cups, grated
1 square bitter chocolate	1 ounce
1 pkg. cream cheese	3 oz. or 6 tablespoons
1 cup chopped nutmeats	¼ pound
16 marshmallows	¼ pound
1 cup egg whites	8-12 egg whites
1 cup egg yolks	12-14 egg yolks
½ pint heavy cream	2 cups whipped
1 orange	6-8 tablespoons orange juice
Grated rind 1 orange	2-2½ tablespoons
1 lemon	3-4 tablespoons juice
Grated rind 1 lemon	1½-2 tablespoons
4 tablespoons coffee	1 ounce

SIZE OF CANS

No. 1 can	1½-2 cups
No. 2 can	2¼-2½ cups
No. 2½ can	3¼-3½ cups
No. 3 can	4 cups
No. 10 can	12-13 cups

When measuring less than 1 cup fat in ordinary measuring cup, deduct amount of fat needed from 1 cup, then fill cup with that amount of water. Add fat to force water level to top of cup. For example, if recipe calls for ¼ cup fat, fill measuring cup ¾ full with cold water and add fat until water reaches top of cup. Pour off water and lift out measured fat.

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COMMON SUBSTITUTIONS

Generally, it is best to use the ingredients called for in the recipe. However, some substitutions are quite practical:

For 1 square of baking chocolate, use 3½ tablespoons cocoa plus 1 tablespoon shortening.

For 1 cup sifted cake flour, use 1 cup minus 2 tablespoons sifted all-purpose flour.

For 1 tablespoon cornstarch (for thickening) use 2 tablespoons flour (scant).

For 1 whole egg in cookies, use 2 egg yolks plus 1 tablespoon water.

For 1 whole egg in custards and puddings, use 2 egg yolks.

For 1 cup sweet milk, use ½ cup evaporated milk plus ½ cup water.

For 1 cup sour milk or buttermilk, use 1 tablespoon vinegar or lemon juice plus sweet milk to fill to cup line. (Mix and let stand while you measure rest of ingredients).

COOKING ITEMS

Many a new cook gets "thrown for a loss" because she isn't familiar with some of the cooking terms she meets in recipes. Here's a list of common terms that may come in handy to the puzzled kitchen novice.

BAKE—to cook in an oven. Most recipes specify the correct temperature and O'Keefe & Merritt ranges are equipped with an accurate temperature control.

BARBECUE—to roast meat under the direct heat of the broiler, basting with a highly seasoned sauce. Term may be used for dishes cooked in oven or over top burners when "barbecue

sauce" is important part of the dish.

BASTE—to pour melted fat or other liquid over a food while cooking.

BEAT—to mix vigorously with an over and over or fast rotary motion.

BLANCH—to dip into boiling water for a few minutes then, usually, into cold water.

BLEND—to mix ingredients thoroughly.

BOIL—to cook in liquid. Rapid boil means an active rolling boil.

BRAISE—to brown meat, then cover it and cook gently until tender over a low flame or in a slow oven. A small amount of liquid is added after the browning.

BROIL—to cook under the direct flame of the broiler. To pan-broil is to cook in a hot frying pan with little or no fat.

BRUSH—to spread thinly.

CREAM—to mix with a spoon or beater until soft and fluffy.

CUBE or **DICE**—to cut into small squares.

CUT IN SHORTENING—to mix shortening evenly into flour using two knives with a criss-cross cutting motion or a pastry blender.

DOT—to put bits of butter or other ingredient over the surface of the food.

DREDGE—to coat with flour or sugar.

DUST—to sprinkle lightly.

FLAKE—to break into small pieces with a fork.

FOLD—to mix gently with down, across, up and over motion. Used to

combine parts of a mixture together with the least possible loss of incorporated air.

FRY—to cook in hot fat. To pan-fry or saute is to cook in a small amount of fat. To French fry or fry in deep fat is to cook in fat to cover the food.

KNEAD—to work with the hands in a folding-back and pressing forward motion.

MINCE—to chop very fine.

PARBOIL—to cook in liquid until partially tender.

POACH—to cook in water or other liquid held just under the boiling point.

ROAST—to cook in an oven by dry heat—uncovered and with no liquid added. Use for tender meats and poultry.

SCALD—to heat a liquid to the point at which bubbles appear around the edges of the surface—just below the boiling point.

SIMMER or **STEW**—to cook in liquid just below the boiling point.

SKEWER—to fasten with metal or wooden pins.

STEAM—to cook by contact with live steam in a closely covered container.

STIR—to mix ingredients with a circular motion.

STOCK—liquid in which meat, poultry, vegetables, etc., has been cooked.

WHIP—to beat rapidly, to mix in air and increase volume.

SPICES AND FLAVORS

Allspice—sold whole or ground. Better combined with other spices in fruit dishes, cakes, pies, pickles, etc.

Bay Leaves—Flavor particularly good in practically all meat cooking,

also in vegetable and meat soups and sauces.

Caraway—Seeds have a spicy smell and aromatic taste. Used in baking fruit, in cakes, breads, soups, cheese and sauerkraut.

Cayenne Pepper—Usually obtained from small fruited varieties of capsicum. It should be dull red color. May be used in very small quantities in vegetables and in some salad dressings and in cheese dishes. It must be used with care, however, and paprika is successfully substituted.

Celery—Every part of the plant can be used to advantage. Stalks and heart may be used raw, plain or with various fillings. Outer stalks may be stewed, scalloped, and in combination to give flavor to other vegetables such as potatoes. Trimmings may be used for flavoring soups or in any cooked meat or vegetable dishes. Dried seeds may be used in pickles and to flavor soups or salads.

Chives—Leaves are used in many ways. May be used in salad, in cream cheese, in sandwiches, omelettes, soup and in fish dishes. Mild flavor of onions.

Cloves—Should be dark brown in color. Usually used in combination with other spices, which give a better flavor than cloves used alone. Too much gives an undesirable color as well as a bitter flavor.

Curry Powder—A number of spices combined in proper proportion to give a distinct flavor to such dishes as vegetables of all kinds, meats, poultry and fish.

Dill—Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves of the whole plant may be used to flavor dill pickles.

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EXTRACTS:

Almond—Used in cakes, cookies, macaroons, etc.

Lemon—Used in cakes, puddings, pies, ice cream and candy. Sometimes used in combination with vanilla. Lemon should be more sparingly used than vanilla.

Orange, Pineapple, Strawberry, Raspberry, Cherry—Used in desserts, beverages and candies.

Rose—Used in angel and other white cakes; also in fancy candies.

Vanilla—Particularly good with all chocolate, cocoa, coconut, date, raisin and coffee combinations. Good in most milk combinations; e.g., ice creams, custards. Most commonly used of all extracts.

Wintergreen, Peppermint, Ginger, Cinnamon, Clove—Used largely in beverages and confections.

Fruit Vinegar—Blackberry, currant, elderberry, etc., made by steeping the fruit in vinegar. Used in beverages, ices and sauces.

Garlic—Vegetable similar to a small onion, but with the bulb divided into sections known as cloves. May be used in very small amounts in flavoring meats, soups, sauces, salads and pickles.

Horseradish—Valuable for its white fleshy, pungent roots which are grated, mixed with vinegar and used as a condiment for meat, oysters, fish, sauces, and in some kinds of pickles. Young tender leaves may be used in salad or greens.

Lemon Juice—Used instead of vinegar in salads and sauces, when a milder acid is desired or when vinegar is objectionable. Used in beverages, hot or cold. Also in salads, preserves, marmalades, etc. Citric acid is found in lemons, oranges and limes.

Mace—The inner envelopes of nutmegs. May be used both in "blade" and ground form in soups, sauces, pastry, pickles.

Mint—May be used fresh in salads, fruit beverages, jellies, preserves, ices, iced tea, sauces for meats, and added minced to carrots and peas. Good with apple combinations.

Monosodium Glutamate (M.S.G.)—A crystalline product made from vegetable protein. The crystals alone have little distinctive flavor. Added to dishes made with meat, cheese, eggs or vegetables, the product seems to blend and enhance other flavors.

Mushrooms—Have a delicate unique flavor. May be used in meat or vegetable dishes, in sauces and soups.

Mustard—Young tender leaves are used for greens and for salads. Seeds are used as a ground spice in salad dressings, pickles, sauces, in some vegetable cookery, and in some cheese dishes. Made into a paste and served with meats.

Nutmeg—Sold whole or ground. Gives good flavor, used alone in small amounts, in various soups, meat dishes, pastry and in all dough mixtures. In combination with other spices for pickles.

Onion—Popular vegetable which combines in flavor with practically all vegetables, and some fruits, e.g., apple and orange; also with all meat and fish. Tender young tops may be minced and used as a garnish for soups and salads.

Paprika—A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads; in soups, both cream and stock, as a garnish for potatoes, cream cheese, fruit salad or eggs.

Parsley—One of the most popular herbs, which may be used in many ways. A favorite garnish. May be used in fruit and vegetable salads, in sandwiches, in all soups and gravies, in meat sauces, minced and added just before serving to practically all vegetables, minced and added to white sauce.

Pepper, Black—Reduced to proper fineness by grinding and sieving. Used in all meat and vegetable dishes where the color does not affect the product.

Peppercorn—The whole berry of the pepper plant.

Pepper Grass or Cress—May be used in green salads and sandwiches.

Peppers—All varieties of green peppers and some of the red peppers may be used to give flavor to most forms of vegetable cookery. The green peppers of mild flavor and thick-meated type are particularly good for stuffing and for salad.

Pepper, White—Practically the same as black pepper except that the outer shell or pericarp of the berry is removed. Use where color of black pepper is undesirable.

Sage—Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf. The flowers are sometimes used in salads.

Shallots—A mild onion flavor used in the same way as onions.

Sweet Basil—Distinct flavor of cloves. May be used for flavoring salads, soups and meats.

Tarragon—Leaves have a hot, pungent taste. Valuable to use in salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

Tomato Juice—Used in sauces to serve with bland foods, such as potato croquettes, or with foods having distinctive flavor, such as fish, also in beverages.

Vinegar—Preservative for all pickling of vegetables and fruit. To give zest or tang flavor to salad dressing; for meat, fish and vegetable sauces. Tarragon vinegar is made by steeping one cup of Tarragon leaves in five cups vinegar. (Cool, strain and bottle).

COOKING FROZEN FOODS

Frozen foods are easy to cook, but they do require a little different handling than fresh foods. Following are rules to be observed in cooking frozen foods and some suggestions for their preparation for serving.

FROZEN FRUITS

When using frozen fruits in place of fresh ones, allowance should be made for the sugar used in preparing the fruit for freezing. In general they may be substituted for the equivalent amount of fresh fruit called for in the recipe.

Fruit should be left in its package, unopened while thawing. Exposure to air robs the fruit of some of its delicious flavor and color. Do not remove fruit from the carton until ready to use.

O'KEEFE & MERRITT

general cooking information

There are several methods of thawing fruits. The quickest method is to place the unopened watertight package in a pan of cool water, or in running cold water, (takes about 40 minutes). Another method is to place the unopened package before an electric fan, (takes about 1 hour). A slightly longer method is to thaw the unopened package at room temperature. The longest, but perhaps the best method is to place the package in the refrigerator to defrost (takes several hours or overnight).

Frozen fruits to be used for fruit pies, cobblers, fruit puddings, etc., need only be thawed enough to spread. Those frozen fruits which are to be cooked before serving may be started cooking from their frozen state. Fruits to be served as a chilled dessert or fruit cocktail should be served partially thawed while still icy.

FROZEN VEGETABLES

Frozen vegetables should be started cooking while they are still frozen and should be cooked quickly. Since frozen vegetables are pre-cooked during the blanching process in preparation for freezing, frozen vegetables need only be cooked from $\frac{1}{2}$ to $\frac{1}{3}$ as long as fresh vegetables.

Small vegetables such as peas, cut corn, green and lima beans, may be taken from their containers and started cooking immediately in a covered pan with just enough water to last through the short cooking. (Approximately $\frac{1}{4}$ - $\frac{1}{2}$ cup boiling water).

Larger vegetables such as asparagus, broccoli, cauliflower or spinach which

freeze in a compact solid, should be partially thawed before cooking or cooked in a larger quantity of water so that pieces are more quickly and easily separated, thus hastening the cooking. Corn on the cob should be partially, or better still, completely thawed before cooking, then cooked the same as fresh.

If more than one package of frozen food is to be cooked at one time, use a large enough kettle so that one package is not placed on another. For example, a large skillet with a tight fitting cover is better than a deeper one of small diameter.

It is wise to cook only the amount to be eaten at one meal since holding cooked vegetables and then rewarming them results in loss of color, flavor and food value.

OVEN COOKED FROZEN VEGETABLES

Place frozen vegetables in buttered casserole, sprinkle with salt and pepper, and dot with bits of butter, cover and place in 350 degree preheated oven for 30 minutes.

Frozen asparagus, peas, lima beans, cut corn can be cooked to advantage by this method as a part of a complete oven meal.

Frozen corn-on-the-cob may be oven roasted. Partially defrost ears of corn at room temperature for about 45 minutes. Brush with melted butter and roast uncovered in 400 degree preheated oven for 45 minutes.

FROZEN MEATS

Frozen meats may be started cooking while they are still partially or completely frozen.

Thin steaks, chops, meat patties may be broiled without thawing.

Meats over $1\frac{1}{2}$ inches in thickness should be partially or completely thawed before broiling.

A quick method of thawing a roast or other large piece of meat is to place it in a 175 degree oven to defrost. NOTE: Do not remove freezer wrapping during the defrosting. It should not be removed until the meat is completely defrosted.

ROASTING FROZEN MEATS

Frozen or partially thawed meat for roasting should be prepared the same as fresh.

To roast, rub with fat or lard with bits of suet. Sprinkle with salt and pepper. For additional flavor, wedges of onion or garlic may be inserted in surface of meat. Pour over any of the meat juices which might have escaped during defrosting. Place meat, fat side up, on rack or shallow uncovered roasting pan. Do not add water in roasting tender choice cuts.

The roasting time for frozen meats started cooking while they are still frozen, is in general from 15 to 20 minutes per pound longer than that allowed for roasting partially or completely thawed meat. Completely thawed meat should be cooked the same length of time and in the same manner as meat that has not been frozen.

BROILING FROZEN MEAT

Broil frozen meat the same as unfrozen or thawed meats, increasing the broiling time $1\frac{1}{2}$ to 2 times.

To BROIL: Rub broiler rack with fat. Place meat on rack so that top of meat is at least 3 inches from the source of heat. Follow instructions for broiling on Page 36. After meat is brown on one side, sprinkle with salt and pep-

per, turn and brown second side. When brown on second side, season with salt and pepper, transfer to hot platter and serve at once.

FROZEN POULTRY

Frozen poultry may be thawed and cooked the same as unfrozen or may be cooked from its frozen state. Completely defrosting first is the preferred method.

Roasting poultry, preferred method: After thawing, remove giblets, season inside cavity by sprinkling salt and pepper. Fill cavity with favorite stuffing. Truss, rub with butter or other fat, sprinkle with salt and pepper and, if desired, dust with flour. Place on rack in shallow pan, breast down, for half of the cooking period, then turn for rest of roasting period to keep breast moist and to assure even browning. For temperature and time, refer to the Roasting Chart on Page 19.

When roasting poultry from its frozen state, an addition of approximately 30 minutes to 1 hour should be allowed on the total cooking time.

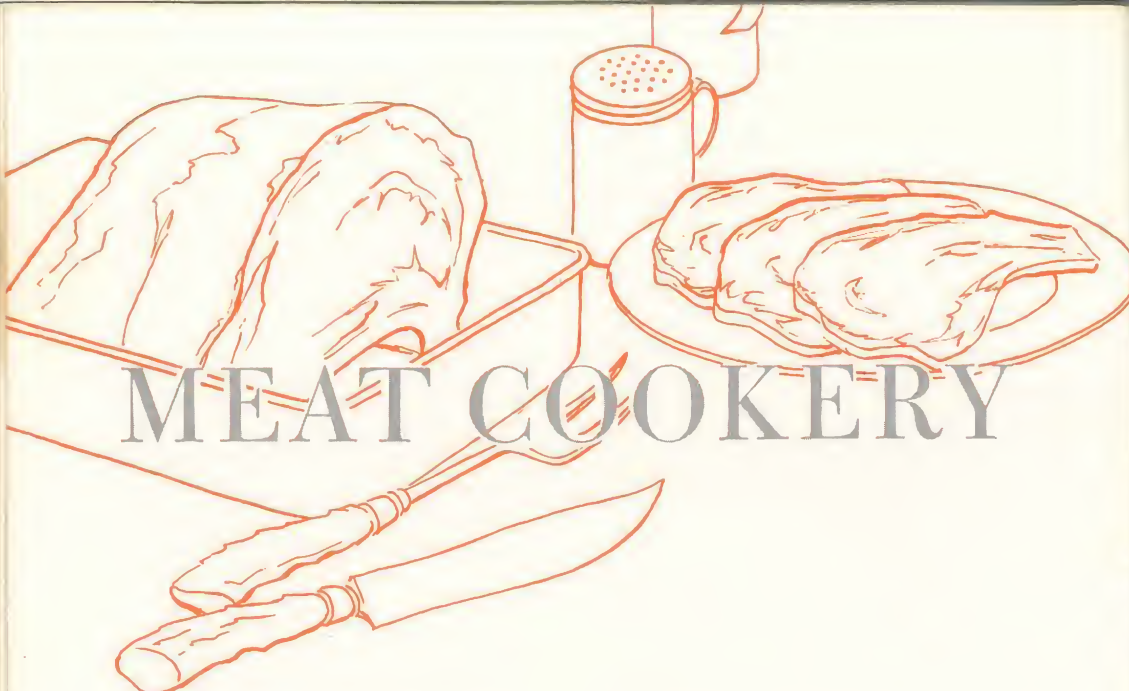
Broilers may be broiled without complete thawing, but additional time should be allowed.

FROZEN FISH

Thaw completely and cook as unfrozen fish or cook while still in frozen state allowing half again as much cooking time.

FROZEN PIES

Frozen unbaked pies may be defrosted and baked the same as fresh-made pies or may be placed directly in preheated 400 degree oven to thaw out and begin baking (allow 10-15 minutes additional baking time).



MEAT COOKERY

You'll find it's easy to cook meats in all the familiar fashions with your new O'Keefe & Merritt Gas Range. And you'll want to add new meat specialties to your repertoire of good things to eat.

Meat gets top consideration in most main-meal planning. First, the meat and how it is to be cooked is decided. Then the rest of the dishes are selected to round out a menu that pleases the family.

Meat cooking may be divided into two basic types:—
Cooking in dry heat and cooking in moist heat.

Dry heat methods include roasting, broiling and pan broiling. These forms of cooking are used for tender cuts of meat that have ample fat so they may be made palatable by such cooking procedures.

Moist heat methods for cooking less tender meats are braising (usually meats are browned, moisture is added, and meats are covered and cooked over

a low flame or in a low temperature oven until meat is tender); and simmering in liquid, just under boiling, heat.

The method that is selected for cooking meat depends on the cut, the kind of meat and the results that are desired.

ROAST MEATS

Roasting is the term used for dry-heat cooking of tender cuts of meat, young fowl and fish. Less tender cuts should be braised or pot-roasted (moist heat cooking methods).

The Oven Roasting Time and Temperature Guide on Page 19 is based on meats which are at room temperature when you start cooking. More time will be needed for meats started cooking from refrigerator temperature. With a little observation you can change the time to meet your individual practice and preference.

USE OF A MEAT THERMOMETER

The use of a meat thermometer is

the surest way to make certain roasting cuts are cooked to your liking. It indicates the internal temperature and degree of doneness of roasts cooked in the oven. And it is invaluable in the broiler cooking of larger cuts of meat.

Place the thermometer bulb in the center of the largest meaty portion of a roast. (It should not touch bone or a large portion of fat). For poultry, insert thermometer into thigh next to body, as this is the part of the bird that takes longest to cook.

Check the following guide of internal meat temperatures to help you in using your meat thermometer:

MEAT THERMOMETER GUIDE TO DONENESS

MEAT		Internal Temperature
Rib Roasts of Beef	Rare	140°
	Medium	160°
	Well done	170°
Roasts of Fresh Pork (always well done)		185°
"Tender" Hams		150°
Regular Smoked Hams		170°
Picnic (Shoulder) Hams		162°
Veal (well-larded roasts)		180°
Chicken or Turkey		190°
Lamb	Medium	170°
	Well done	182°

Two types of meat thermometers are available. One is a heat-tested glass thermometer which uses a column of fluid to register temperature on a graduated scale. A skewer is used to make an opening in the meat before the thermometer is put in place.

The second kind of meat thermometer has the reactive bulb enclosed in a stainless steel casing. The thermometer is inserted in the meat and the temperature reading is indicated on a dial.

Either type of meat thermometer may be used. But there is *one caution*—do not try to insert a meat thermometer into frozen meat—it may be put in place toward the end of roasting or broiling period.

BAKED HAM

Place ham, fat side up, on rack in shallow roasting pan. Roast at 325°. Allow 20 to 25 minutes per pound (the longer time for half hams) for regular smoked ham; and 15 to 18 minutes per pound for tenderized ham.

About 20 minutes before ham is done, remove rind if this has not been done, score fat in 2-inch squares and add glaze if desired. Return to oven and finish cooking at 400°.

GLAZES FOR BAKED HAM

Glazing a ham is optional. Some folks prefer it plain. Others wouldn't think of baking ham without adding that favorite flavor touch.

Honey or *Maple Syrup*, drizzled over the scored surface of the ham, makes an easy glaze.

Brown Sugar, mixed with a little *Dry Mustard* and enough *Pineapple* or *Orange Juice* to make a thick syrup and spread over the scored surface with a spoon is delicious.

Rings of *Sliced Pineapple*, fastened on the ham with toothpicks and topped with one of the foregoing glazes, make a traditional trim.

Well-drained *Crushed Pineapple* mixed with *Brown Sugar* and *Mustard* is another idea.

ROAST LEG OF LAMB

Wipe a 5 to 6 pound leg of lamb with a damp cloth. Season with salt

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meats

and pepper. Garlic or onion salt, ginger or other seasonings may be added as desired. Place lamb, fat side up, on a rack in a shallow pan. Roast at 325°, allowing 30 to 35 minutes per pound.

ROAST LOIN OF PORK WITH APPLE SAUCE CRISP CRUST

Place loin of pork, fat side up, on a rack over a shallow baking pan. Roast at 350° for 40 to 45 minutes per pound. (Ample roasting time and higher temperature assure pork will be cooked to the well-done stage).

About 1/2 hour before roast is done, spread with a layer of thick applesauce. Sprinkle with brown sugar and continue roasting until meat is well-done.

TIPS ON POULTRY ROASTING

Have fowl drawn at the market. Request market man to slit back of neck in drawing out crop so that the breast skin will remain unbroken.

Singe, remove pin feathers with a small knife or tweezers. Cut out oil sac above the tail. Wash bird well using soft brush or cloth and cold water. Dry inside and out with towel. Sprinkle then rub salt into flesh of cavity of bird before stuffing.

In purchasing chicken or turkey allow 3/4-1 pound of the dressed bird for each person to be served. (Dressed weight is the weight of the bird, including head and feet, after it has been picked but not drawn). A 15-pound turkey makes about 20 servings.

In purchasing duck or goose, allow from 1-1 1/2 pounds (dressed weight) per person.

STUFFING: Allow 1-1 1/4 cups dressing

per pound of bird. Precook any meat added to dressing (giblets, sausage, etc.) Bake extra dressing in separate pan basting with giblet stock and pan drippings. If bird is not to be roasted immediately, cool hot dressing before stuffing bird.

BIRDS MAY BE ROASTED WITHOUT STUFFING. If so, reduce roasting time about 5 minutes per pound.

TO STUFF, fill cavity at neck end with stuffing. Fold over skin and hold in place with skewer or woodpins. Fill cavity from lower end, being careful not to pack the dressing in too tightly. Fasten by placing skewers or woodpins through skin on either side. Lace cord around skewers to bring skin together or sew with a needle and cord.

TRUSSING: Fold wing tips under. Hold wings in position with skewer or tie to body with cord. Tie each drumstick around lower end. Bring close to the body and tie to the tail end.

GREASE SKIN WITH MELTED FAT. Unless bird has a generous layer of fat, cover with fat moistened cloth that is large enough to cover top and sides. If strips of fat from bird are available, place on top of breast and drumsticks, under the cloth.

TO ROAST BIRD, place bird breast down in V shaped rack or in shallow pan. Leave in this position for 3/4 of roasting time then turn bird breast side up and roast until tender and nicely browned. For temperature and time for roasting, see cooking chart.

TO TEST TENDERNESS, ten to twenty minutes before roasting time is up as

recommended by timetable, press thickest part of drumstick with fingers. Protect fingers with cloth or paper. Bird is done when meat feels quite soft. Also test by moving drumstick up and down. If the leg joint breaks or moves readily, the bird is done.

SAVORY BREAD STUFFING

(A dry crumbly stuffing)

- 1/2 cup butter or margarine
- 1 small onion, finely chopped
- 4 cups coarse, dry bread crumbs
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon poultry seasoning or powdered sage

Heat butter or margarine in a large saucepan. Add onion and cook over low heat until almost tender. (Don't let it brown). Stir in bread crumbs and seasonings and continue stirring over very low heat until lightly browned.

VARIATIONS

Celery—Cook about a cup of finely sliced celery with the onion.

Mushroom—Cook 1 cup sliced mushrooms with the onion.

Nut—Decrease bread about 3/4 cup. Lightly brown 1 to 1 1/2 cups chopped nuts in the butter before adding the bread. Walnuts, almonds, pecans, chestnuts, etc., may be used.

MOIST BREAD STUFFING

- 1 small onion, finely chopped
- 1/4 cup butter or margarine
- 1 cup milk
- 2 eggs, beaten
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon poultry seasoning
- 6 cups dry bread cubes

Lightly cook onion in butter or margarine. Add milk, eggs and seasonings and pour over bread cubes. Toss gently to mix. Variations such as those suggested for Savory Bread Stuffing may be used.

GIBLET STUFFING

Simmer heart, gizzard and neck until almost tender. Put in liver and finish cooking. Chop meat coarsely and use 1 to 2 cups in place of 1 to 2 cups of the bread in Moist Bread Stuffing. Use broth instead of all or part of the milk.

CORN BREAD STUFFING

- 1/2 cup chopped celery
- 1 small onion, chopped
- 1/2 cup butter or margarine
- 3 cups white bread cubes
- 1 1/2 cups crumbled corn bread
- 1/4 teaspoon celery salt
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon sage
- 2 tablespoons chopped parsley

Simmer celery and onion in butter. Then combine with all the other ingredients. Check flavor and add extra seasonings if desired. If a moist stuffing is desired, add a little stock or milk.

OYSTER STUFFING

- 3 cups bread cubes
- 1/2 cup chopped celery
- 2 tablespoons minced onion
- 1/4 cup butter or margarine
- 1 pint oysters, drained and chopped
- 1/2 teaspoon poultry seasoning
- Salt and Pepper

Toast bread cubes in oven. Cook celery and onion in butter or margarine until partly tender. Add oysters and heat. Add with seasonings to bread. Toss lightly to mix.

POT ROAST DIRECTIONS

• Select compact piece of beef (round, heel of round, chuck, rump, etc.). Wipe with a damp cloth and rub on all sides with seasoned flour. (You may omit the

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meats

flour, but it increases the browning and develops flavor and color.)

• Heat fat in the cooking pan (use about $\frac{1}{4}$ cup for a 4 or 5 pound roast) and brown the meat on all sides. Don't try to hurry the job—it takes 25 to 30 minutes to brown a good-sized roast.

• Add the desired seasonings, (1 big onion, sliced; 1 clove garlic, minced; $\frac{1}{2}$ cup chopped celery; 1 small bay leaf; 3 or 4 whole cloves; salt and pepper, makes a savory combination) and 1 cup water or tomato juice. The liquid supplies the moisture needed to help tenderize the fibers of the meat.

• Cover and cook the meat at a gentle simmer over a low flame or in the oven at 325° until tender. Allow about 45 to 50 minutes per pound.

SPICY POT ROAST

- 3 to 4 pound pot roast
- 1 large onion, chopped
- 2 tablespoons cinnamon
- 1 teaspoon chili powder
- $\frac{1}{2}$ teaspoon garlic salt
- $1\frac{1}{2}$ teaspoons salt
- 2 cans tomato sauce
- 1 can hot water

Thoroughly brown the pot roast on all sides, using a large skillet or Dutch oven. Add onions. Mix remaining ingredients and pour over meat. Cover and cook over low flame until meat is tender. Allow 45 to 50 minutes per pound. Add water if liquid cooks down.

ROUND STEAK ROLL WITH SAUSAGE STUFFING

- $1\frac{1}{2}$ to 2 pounds round steak, sliced thin

- 1 onion, finely chopped
- 2 tablespoons fat
- $\frac{1}{2}$ pound sausage
- $\frac{1}{2}$ cup chopped celery
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 2 tablespoons minced parsley
- 2 cups soft bread crumbs
- 1 can vegetable soup
- $\frac{1}{2}$ can water

Have butcher pound steak for you. Lightly brown onion in hot fat. Make stuffing by mixing onion with all other ingredients except steak, soup and water. Spread steak with stuffing. Roll lengthwise and fasten with metal skewers or with toothpicks and string. Place roll in baking pan. Mix soup with water and pour over roll. Bake at 325° for about 2 hours.

BEEF BIRDS

- 5 cups soft bread crumbs
- $1\frac{3}{4}$ teaspoons salt
- 1 teaspoon sage
- 2 tablespoons minced celery
- 2 tablespoons minced parsley
- $\frac{1}{4}$ teaspoon pepper
- 6 tablespoons butter
- 1 small onion, chopped
- 6 cubed bottom-round steaks, about 3 inches by 5 inches
- 3 tablespoons salad oil
- 2 cups tomato juice
- 2 tablespoons flour
- 3 tablespoons water
- 1 teaspoon bottled horseradish
- $\frac{1}{2}$ teaspoon Worcestershire sauce

Combine bread crumbs, $\frac{3}{4}$ teaspoon salt, sage, celery, parsley and $\frac{1}{8}$ teaspoon pepper. Melt butter in a large skillet, add onion and simmer until almost tender. Add seasoned crumbs and

heat until a light golden brown, stirring crumbs constantly from the bottom. Spread each steak with some of this bread dressing. Roll up and fasten with heavy toothpicks. Brown the "birds" in salad oil. Add remaining 1 teaspoon salt and $\frac{1}{8}$ teaspoon pepper and tomato juice. Cover and simmer for 1 hour or until tender. Serve with a sauce made by thickening tomato juice in which birds were cooked with mixture of flour and water. Season sauce with horseradish and Worcestershire sauce.

MEAT LOAF WITH HOT TOMATO SAUCE

- 1 pound ground beef
- $\frac{1}{2}$ pound ground pork
- $\frac{1}{2}$ pound ground veal
- 1 small onion, finely chopped
- $\frac{1}{2}$ cup chopped celery
- $2\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- 1 teaspoon dry mustard
- 2 eggs, beaten
- 1 tablespoon Worcestershire
- 4 slices bread, cubed
- $\frac{1}{2}$ cup warm milk

Mix meats, onion, celery, seasonings, eggs and Worcestershire sauce. Soak bread cubes in warm milk and add to meat mixture. Shape into a loaf. Place on oiled shallow baking pan. Bake at 350° for $1\frac{1}{2}$ hours. Serve with hot tomato sauce.

HOT TOMATO SAUCE

- 1 can tomato sauce
- 2 tablespoons bottled horseradish
- 1 teaspoon Worcestershire
- Few drops Tabasco sauce

Heat ingredients together and serve over meat loaf.

SAVORY SWISS STEAK

- 2 pounds round steak, cut $1\frac{1}{2}$ to 2 inches thick

- $\frac{1}{4}$ cup flour
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{8}$ teaspoon pepper
- 4 tablespoons bacon drippings
- 3 onions, sliced
- 3 stalks celery, sliced
- $\frac{3}{4}$ cup catsup
- $\frac{1}{2}$ cup hot water
- 1 tablespoon Worcestershire sauce

Pound surface of round steak and pound in mixture of flour, salt and pepper. Heat bacon drippings and brown meat well on both sides. Add remaining ingredients. Cover tightly and cook over low flame until meat is tender (1 to $1\frac{1}{2}$ hours). Remove meat to heated platter and thicken sauce in pan if desired. Swiss steak may finish cooking in oven at 350° if you prefer.

SOUR CREAM VEAL FRICASSEE

- 2 pounds veal shoulder
- 3 tablespoons flour
- 3 tablespoons shortening
- 2 large onions, sliced
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{8}$ teaspoon pepper
- 1 tablespoon paprika
- $\frac{1}{3}$ cup water
- 1 cup sour cream

Cut veal into 1 inch cubes as for stew. Dredge meat in flour and brown in hot fat. Add onions and brown lightly. Add seasoning and water. Cover and cook over simmer flame until almost tender. Add sour cream and cook until thickened. Serve with potatoes cooked in jackets.

HAMBURG DUMPLING STEW

- $1\frac{1}{2}$ pounds ground beef
- $\frac{1}{4}$ cup fat
- 1 onion, chopped
- $\frac{1}{2}$ cup celery, sliced
- 2 carrots, diced
- 2 cups canned tomatoes
- 1 cup hot water
- Salt and Pepper

O'KEEFE & MERRITT

meats

2 tablespoons flour Dumpling Mixture

Season meat with salt and pepper and shape into medium sized balls. Brown meat balls in hot fat. Lift out meat and lightly brown cut vegetables. Add tomatoes, water and season to taste. Thicken mixture slightly with flour mixed to a paste with cold water. Return meat balls to pan. Cover and cook 10 minutes. Mix drop biscuit dough using standard baking powder biscuit recipe or prepared biscuit mix. Drop dough by tablespoonfuls onto boiling meat and vegetable mixture—allow room for dumplings to expand. Cover pan closely. Adjust flame so that mixture just bubbles. Cook 15 minutes without lifting cover.

VEAL STEW WITH DUMPLINGS

- 1½ pounds stewing veal
- 4 tablespoons flour
- Shortening
- 4 cups water
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 bay leaf
- ½ cup chopped onion
- 2 cups cubed carrots
- 2 cups green peas
- ¼ cup cold water

Dredge veal in half the flour. Brown in hot shortening. Add water, salt, pepper, bay leaf and onion. Simmer until tender. Add carrots and peas the last 20 minutes of cooking period. When meat is tender, remove bones from stew. Thicken gravy with remaining flour mixed with cold water. Drop dumplings on top. Cook covered for 15 minutes. Do not remove lid while dumplings are cooking.

PARSLEY DUMPLINGS

- 2 cups sifted all-purpose flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- 1 tablespoon shortening
- ¾ cup milk
- 2 tablespoons minced parsley

Sift dry ingredients together. Cut in shortening. Add parsley. Add milk gradually to make a soft dough. Drop by tablespoonfuls on top of stew.

BRAISED BEEF CUBES IN MASHED POTATO RING

- 1½ pounds lean beef (chuck or shank)
cut in 1 inch cubes
- 1 tablespoon fat
- 1 can tomato sauce
- 1 can water
- 1 onion, chopped
- 1 clove garlic, minced
- 1 teaspoon salt
- ½ teaspoon sugar
- ¼ teaspoon dry mustard
- ⅛ teaspoon pepper
- 4 cups hot seasoned mashed potatoes
- 2 tablespoons minced parsley

Brown meat thoroughly in hot shortening. Stir in tomato sauce, water, onion, garlic and seasonings. Cover and simmer, stirring occasionally, until meat is fork tender (about 1½ hours). Make a ring of hot seasoned mashed potatoes on heated serving platter and sprinkle with parsley. Ladle meat and its sauce into center of ring. Serve at once.

SPANISH STEAK

- 2 pounds round steak
- ¼ cup flour
- 2 teaspoons salt
- ¼ teaspoon pepper

- 4 tablespoons fat
- 2 cups canned tomatoes
- 1 onion, sliced
- ½ cup sliced celery
- ½ green pepper, chopped
- 1 teaspoon sugar

Cut steak into serving pieces. Mix flour, 1 teaspoon of salt, pepper and pound into the meat. Heat fat and brown meat well on both sides. Add vegetables and sprinkle in remaining 1 teaspoon salt and sugar. Cover tightly and cook over low flame until meat is tender. (1 to 1½ hours, depending on thickness of steak). If preferred, bake covered in oven at 350°.

BAKED BEEF CAKES

- 1½ pounds ground beef
- 1 cup soft bread crumbs
- ¾ cup catsup
- 1 onion, chopped
- 1 egg, beaten
- 2 teaspoons Worcestershire sauce
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 can tomato sauce
- 1 onion, sliced and separated
into rings
- 6 thin slices of lemon

Put first eight ingredients into bowl and mix together lightly. Shape into six large cakes and place in oiled shallow baking pan. Combine tomato sauce and onion rings and spoon over and around meat cakes. Top each cake with a slice of lemon. Bake, uncovered, in oven at 375° for 50 to 60 minutes.

OVEN BRAISED SHORT RIBS WITH VEGETABLES

- 3 pounds short ribs
- 2 teaspoons salt
- ¼ teaspoon pepper
- 2 tablespoons shortening
- 1½ cups hot water
- 6 medium potatoes

- 6 small onions
- 6 medium turnips
- 6 small carrots
- 1 package frozen peas

Season ribs with salt and pepper. Heat shortening in large Dutch-oven type utensil that can be used in oven. Brown ribs thoroughly. Add water and heat to boiling. Cover and continue cooking in oven at 350° for 45 minutes. Add vegetables and sprinkle in salt and pepper for their seasoning. Cover and finish cooking in oven at 350° for 45 minutes.

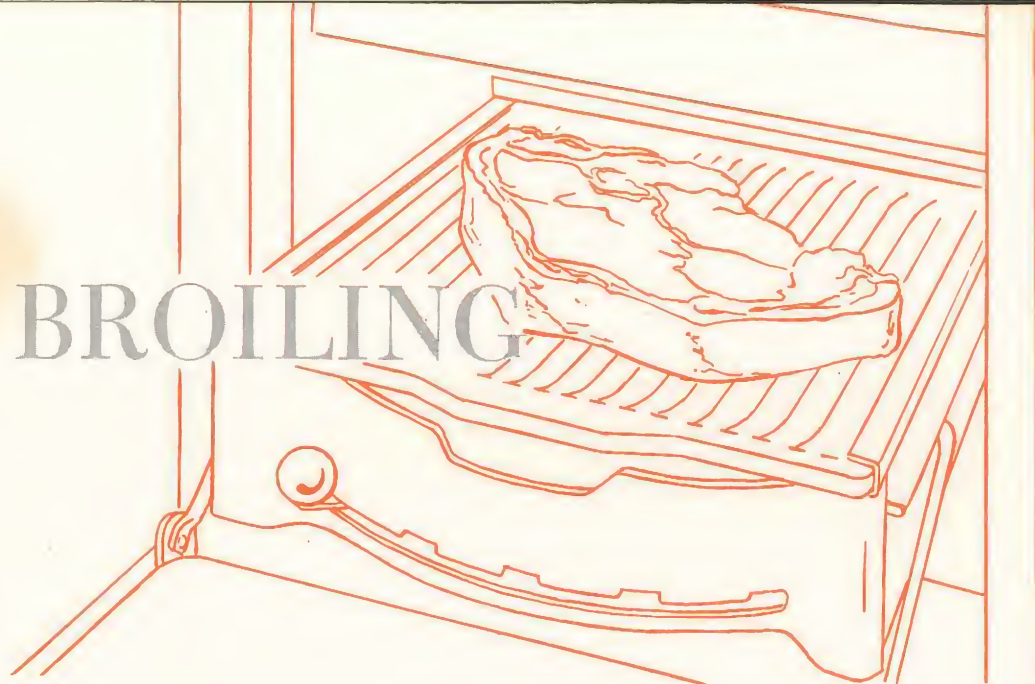
If thickened sauce is desired; remove meat and larger vegetables to heated serving dish, put pan over medium flame, and stir mixture of cornstarch and cold water into liquid to make gravy. (Use about 2 tablespoons cornstarch for 3 cups gravy and cook until sauce is thickened and clear). Pour over meat and vegetables and serve at once.

MEAT CAKES IN SWEET-SOUR SAUCE

- 2 cups soft bread crumbs
- ¼ cup chopped onion
- 1 teaspoon salt
- ⅛ teaspoon nutmeg
- ⅛ teaspoon thyme
- ½ cup water
- 1 pound ground beef
- Fat for browning
- 3 large onions, sliced
- ¼ cup brown sugar
- 2 teaspoons prepared mustard
- ¼ cup vinegar
- 2 tablespoons water

Combine crumbs, chopped onion, seasonings and ½ cup water. Let stand 5 minutes. Mix in meat and shape into 8 cakes. Brown in small amount of hot fat. Cover with sliced onions. Mix remaining ingredients and pour over meat and onions. Cover and simmer for about 35 minutes.

BROILING



**BROILING TIME GUIDE
FOR STEAKS, CHOPS AND MEAT PATTIES**

Cut of Meat	Thickness	Minutes Per Side		
		Rare	Medium	Well Done
Beef Steaks				
Tenderloin, Club, Rib	1 in.	5	6	7 to 8
T-bone, Porterhouse	1½ in.	9	10	12 to 13
Small Sirloin	2 in.	16	18	20 to 21
Large Sirloin	1 in.	10	12	14
Large Sirloin	1½ in.	12	14	16
Ground Beef Patties	1 in.	—	8	10
Ground Beef Patties	1½ in.	—	10	15
Lamb Chops—Rib or Loin	1 in.	—	6	7
Lamb Chops—Rib or Loin	1½ in.	—	9	11
Lamb Chops—Rib or Loin	2 in.	—	12	15
Ground Lamb Patties	1 in.	—	—	10
Modern, Tender Ham Slices	1 in.	—	—	10
Ready-to-Eat Ham Slices	1 in.	—	—	5

Use of Broiler beneath Oven—Remove drip pan and arrange food on cold grid. Set oven heat regulator at 550° or “B” position. Preheat Broiler compartment 5 to 8 mins., if oven has not been in use.

NOTE: If oven regulator reduces broiling flame, prop oven door open 1½

inches, with door stop which is located in top of oven near front, to maintain full flame.

Use of Separate Broiling Compartment—Remove drip pan and arrange food on cold grid. With full flame preheat compartment 3 to 5 mins.

broiling

DIRECTIONS FOR BROILING STEAKS AND CHOPS

- Steaks should be at least 1 inch thick to broil rare or medium-rare. Take meat from refrigerator an hour or so before broiling. Wipe surface with a damp cloth and slash through fat edge of meat in several places to prevent cupping during broiling.
- Place meat on broiler grid and position broiler pan and grid so surface of meat is about 3 inches from tip of full broiling flame.
- Broil meat on first side (See Broiling Time Guide). Turn meat, replacing it on original spot and broil second side. When well-done meat is desired, lower flame to one-half full size to broil second side.
- Season steaks and chops after browning. Serve at once.
- Be sure to turn off broiler flame, remove broiler pan and grid and treat for easy cleaning. (See broiler instructions on Page 6).

CHICKEN OR TURKEY BROILERS

Arrange split, seasoned broilers in cold drip pan and broil 7 inches from tip of half flame 45 minutes to 1 hour. Turn occasionally and baste with mixture of ¼ cup oil, ½ cup wine vinegar, ½ teaspoon each salt, celery salt, pepper, thyme and rosemary.

SPICY LAMB CHOPS

- 6 lamb chops
- 2 tablespoons melted butter
- ½ teaspoon vinegar
- 1 teaspoon salt
- ½ teaspoon crushed mixed spices
- 1 pint pear juice
- 1 tablespoon horseradish

1 tablespoon butter

Combine 2 tablespoons butter, vinegar, salt and spices and rub into chops. Let stand for two hours, then broil. Serve while hot with a sauce made by combining pear juice, horseradish and 1 tablespoon butter.

PENNYWISE STEAK

- ½ cup fine bread crumbs
- ¾ cup milk
- 1½ pounds ground beef
- 1½ teaspoons salt
- ½ teaspoon pepper
- 1 teaspoon onion juice

Combine crumbs and milk and let stand 10 minutes. Combine beef, salt, pepper, onion juice and crumb mixture. Shape mixture to resemble a steak. Brush top with shortening. Place “steak” on broiler grid. Turn broiler flame to medium. Place broiler grid about three inches from flame tip. Broil “steak” until well browned, 6 to 10 minutes. Turn and broil on other side until brown. Remove to hot platter.

BROILED WHITE FISH WITH SOUFFLE SAUCE

- 2 pounds white fish fillets, 1 inch thick
- ½ cup mayonnaise
- ¼ cup pickle relish
- 2 tablespoons minced parsley
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- Dash cayenne
- 2 egg whites, stiffly beaten

Cut fish into serving-size pieces and place on broiler grid. Place broiler pan so top of fish is about 2½ inches from tip of flame. Keep flame on full and broil until fish is almost done—6 to 10 minutes. Do not turn. Mix mayonnaise, pickle relish, parsley, lemon juice and

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seasonings and fold into stiffly beaten egg whites. Spread this souffle sauce evenly on fish. Lower flame to about half its full size and continue broiling until sauce is puffed and lightly browned—about 3 minutes. Serve at once.

Aluminum foil trick—Shape circles of foil into shallow cups to hold individual servings of fish. Broil fish in these “cups”.

GRILLEVATOR BARBECUED FRYER

2 to 2½ pound frying chicken
4 tablespoons butter
4 tablespoons catsup
3 tablespoons wine vinegar
1 tablespoon lemon juice
2 tablespoons Worcestershire sauce
½ cup water
1 teaspoon salt
2 teaspoons prepared mustard
¾ teaspoon chili powder
1 teaspoon paprika
½ teaspoon cayenne
½ teaspoon monosodium glutamate

Disjoint frying chicken. Wash and dry pieces and lay in drip pan of broiler. Preheat broiling area for 5 minutes. Melt butter in a saucepan and add other ingredients to make a basting sauce. Baste pieces of chicken with sauce. Place in Grillelevator at center position. Broil with high flame for 4 or 5 minutes. Turn pieces of chicken and baste with sauce. Broil second side with full flame for 4 or 5 minutes. Turn flame *low*. Continue turning and basting with sauce until chicken is tender. Allow 45 to 60 minutes total cooking time.

BARBECUE BROILED SPARERIBS

3 pounds spareribs
¼ cup butter
½ cup water
¾ cup vinegar
½ cup chili sauce

2 tablespoons Worcestershire
2 tablespoons horseradish
½ teaspoon salt
⅛ teaspoon pepper

Have spareribs cracked and cut into serving pieces. Place on broiler grid and put about 4 inches from flame. Broil with medium flame until ribs are well browned on both sides. Drain off fat. Melt butter in a saucepan and add other ingredients to make a basting sauce. Turn broiler flame *low* and continue broiling, turning and basting ribs frequently with sauce. Allow 40 to 45 minutes after flame is turned down.

NOTE: Lamb breast may be cooked by this method, too. Other cuts of fresh pork should not be broiled.

GRILLEVATOR BARBECUED ROUND-BONE BEEF ROAST

3 to 4 pound round-bone beef roast,
cut 2½ to 3 inches thick
¼ cup oil
¾ cup wine vinegar
½ teaspoon salt
⅛ teaspoon pepper
1 bay leaf
2 cloves garlic, chopped
1 small onion, thinly sliced
¼ teaspoon thyme
¾ teaspoon monosodium glutamate
1 tablespoon Worcestershire
1 tablespoon meat seasoning sauce
3 tablespoons catsup

Wipe surface of meat to remove bits of bone. Cut through fat every 1½ inches around roast. Put meat into a large bowl. Mix next nine ingredients to make a marinading sauce and pour over meat. Cover and refrigerate for 24 to 48 hours. Turn meat in sauce occasionally.

Take meat from sauce and place on broiler grid in Grillelevator at lowest position. Strain marinade and discard onion, garlic and bay leaf. Add Worcestershire, meat seasoning sauce and

catsup to strained marinade to make a basting sauce for the roast.

Do not preheat broiler. Broil roast on first side with full flame for 10 minutes. Turn and broil second side with full flame for 7 minutes. Reduce flame to about ⅓ of full size. Turn and baste roast generously with sauce every 5 minutes for 35 to 45 minutes, depending on size of roast and doneness desired.

This barbecued-broiled roast has a splendid charcoal-broiled appearance—charred outside—juicy inside. And delicious!

BARBECUED HAM PATTIES

1 pound ground ham
½ pound ground beef
6 large slices pineapple
Pineapple Barbecue Sauce

Mix meats and shape into 6 patties the width of a pineapple slice. Press a pineapple slice on top of each patty. Place on cold broiler grid with pineapple side down. Broil under medium flame 12 to 15 minutes on first side, brushing occasionally with Pineapple Barbecue Sauce. Turn and broil about 6 minutes on second side, basting often with the Sauce.

PINEAPPLE BARBECUE SAUCE

1 small onion, chopped fine
2 tablespoons oil
¼ cup lemon juice
2 tablespoons brown sugar
1 cup catsup
½ cup pineapple juice
1 teaspoon prepared mustard
½ cup chopped celery
½ cup chopped green pepper
2 tablespoons Worcestershire

Combine all ingredients and simmer over *low* flame for 30 minutes.

DEEP BROILER ROASTING

Broiler roasting is a new way of cooking certain larger cuts of meat. It may be done in the deep broiler area beside the oven or in the broiler compartment of Grillelevator models when the Grillelevator is removed. (Do not attempt broiler roasting in broilers beneath the oven).

Tender roasts of beef, whole or half hams, young roasting chickens, small roasting turkeys and legs of lamb are especially suited to broiler roasting. Meats cooked by this direct flame method have a distinctive flavor and appearance that is most appealing.

TIPS ON BROILER ROASTING

- Remove meat from refrigerator several hours before cooking. Plan on cooking time about equal to that required for cooking the same roast in oven at 325°.
- Remove pan and grid and preheat broiler with flame on full for 5 to 10 minutes.
- Place meat on grid and put pan and grid in lowest position in broiler. Turn flame *low* and broil roast, turning every 20 to 25 minutes. (Frequent turning helps cook meat more evenly and develops a more attractive brown exterior).
- Use several thicknesses of paper towel to protect your hands when you turn the meat.
- Use a meat thermometer to check exact degree of doneness. It may be inserted toward the end of broiling period.

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BROILER ROASTED PRIME RIB OF BEEF

- 2 ribs beef (about 5 pounds)
- 2 tablespoons oil
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon paprika
- 1/2 teaspoon garlic salt

Remove roast from refrigerator several hours before cooking time. Wipe surface of meat with a damp cloth. Mix oil and seasonings (omit garlic salt if you wish) and rub over entire surface of roast.

Preheat broiler (deep broiler or Grilleator Broiler with Grilleator section removed) with pan and grid removed for 5 to 10 minutes.

Place roast, fat side up, on broiler grid and place pan and grid in lowest position. Broil with full flame for 5 minutes. Turn roast to side. Reduce flame to about 1/4 of its full size. Broil 25 minutes and turn roast to other side. Continue broiling with low flame, turning roast every 20 to 25 minutes until it reaches desired doneness. Insert meat thermometer toward end of broiling process. Allow about 1 1/2 hours for rare meat—2 1/4 hours for well-done.

BROILER-ROASTED CHICKEN OR "JUNIOR" TURKEY

Select young roasting chicken (4 to 4 1/2 pounds) or "Junior" turkey (4 to 6 pounds). Check for pin-feathers and singe over top burner flame if necessary. Wash and drain. Season inside of neck and body cavities with salt and pepper. Fill cavities loosely with desired stuffing. Skewer and tie bird as for roasting in oven. Rub outside of bird thoroughly with oil or softened shortening.

Preheat broiler compartment (deep broiler or Grilleator Broiler with Grilleator Section removed) with pan and grid removed for 5 minutes.

Put bird, breast up, on broiler grid and place broiler pan in lowest position. Turn broiler flame low (about 1/4 size of full flame) and broil until breast begins to brown (about 15 minutes).

Turn bird to side and broil until browning begins (about 15 minutes). Turn to other side and brown lightly. Keep turning bird from side to side (basting with a heated mixture of 1/2 cup water or broth and 1/4 cup oil at each turning) every 20 to 25 minutes until done. Allow about 2 1/2 to 3 hours total cooking time.

GRAVY

To make gravy to serve with broiler roasted chicken or turkey, scrape drippings from broiler pan into a saucepan. Add butter (if needed) to make 4 tablespoons fat. Stir in 3 tablespoons flour and cook over medium flame until lightly browned. Add broth made by cooking giblets and neck of fowl, plus milk to make 2 cups. Stir and cook until gravy has thickened. Season to taste with salt and pepper.

If desired, chopped giblets and meat from neck may be added to the gravy.

ORANGE-BASTED BROILER-BAKED HAM

- 5 to 6 pounds half of tender ham
- 3/4 cup orange juice
- 3 tablespoons oil

Select 5 to 6 pound half of tender ham. Remove from refrigerator several hours before cooking time.

Preheat broiler (deep broiler or Grilleator Broiler with Grilleator Section removed) with pan and grid removed for 5 to 10 minutes.

Put half ham, lean side up, on grid and place pan and grid in lowest position. Turn flame low (about 1/4 size of full flame). Broil ham for 20 minutes. Turn ham and broil 20 minutes.

Ham should be lightly browned on both sides. Turn every 20 to 25 minutes, and baste "up" side with heated mixture of orange juice and oil at each turning, until ham is done. (150° internal temperature). Allow 2 to 2 1/2 hours total cooking time for 5 to 6 pound half ham.

BROILER-TOASTED SANDWICHES

Use your broiler to make tasty hot sandwiches for lunch or evening party refreshments. They're easy to make and wonderful to eat.

CHEESE BROILWICHES

- 1/2 pound American cheese
- 1/4 green pepper
- 1 small onion
- 1 hard cooked egg
- 1/2 cup stuffed olives
- 1/4 can tomato soup
- 1 tablespoon melted butter
- 3 hamburger buns or
- 6 slices rye bread

Grind cheese, green pepper, onion and olives together. Add soup and margarine and mix well. Toast split buns or slices of rye bread lightly. Spread with cheese mixture and broil under medium flame until golden brown. Serve hot.

TOASTED TUNA CREOLE

- 1 7-ounce can tuna
- 1/2 cup catsup
- 2 tablespoons mayonnaise
- 1/2 cup finely diced celery
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 6 slices bread
- 2 tablespoons catsup
- 2 tablespoons mayonnaise
- 1 teaspoon seasoning sauce

Flake tuna and mix in next five ingredients. Toast bread lightly on both sides. Pile tuna mixture on toast. Top with mixture of remaining catsup, mayonnaise and seasoning sauce. Broil under medium flame until brown and bubbling.

CHEESE SALAD SURPRISE

- 1 cup coarsely grated nippy cheese
- 1/2 cup finely diced cucumber
- 1 tablespoon minced onion
- 1/2 teaspoon salt
- Dash of pepper
- 1/8 teaspoon chili powder
- Salad dressing
- 8 thin slices tomato
- 8 thin slices dill pickle
- 4 slices white bread
- Paprika

Mix cheese, cucumber, onion and seasonings. Add salad dressing to moisten. Arrange two slices of tomato and two of dill pickle on each slice of lightly toasted bread. Heap on portions of the cheese mixture and sprinkle with paprika. Toast under low broiler flame until cheese is melted and nicely browned.

TOASTED CHEESE-HAM SPECIAL

- 1 1/2 cups grated American cheese
- 1 cup ground cooked ham or other meat
- 1 1/2 teaspoon prepared mustard
- 1 1/2 teaspoon prepared horseradish
- Condensed tomato soup
- 6 slices bread

Combine cheese, ham, mustard and horseradish. Add enough tomato soup to moisten. Spread on lightly toasted bread and toast under medium broiler flame until lightly browned.

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Complete meals on the dot

...cooked by the clock



The clock-control on your O'Keefe & Merritt Automatic Gas Range is a timing device used to start or stop oven cooking, or both, at a predetermined time. This automatic clock control can be used advantageously by busy homemakers and employed women who are away from home all day.

The clock minds the oven. Thus clock-controlled cookery provides homemakers with many recreational advantages they might not otherwise enjoy, and solves the dinner problem for working women who often find it difficult to serve foods which require long cooking periods.

SOME DEGREE OF CAUTION MUST BE USED

The gas range clock-controlled method of cookery must be used with some degree of caution—no more, however, than must be used with many types of food cookery. Clock-controlled oven cookery can be used without fear of food spoilage, with "standing time"

in oven before cooking begins ranging from a few minutes to four or five hours. *Even longer "standing time" periods can be used if the food is thoroughly refrigerated, frozen, or if it is acid in reaction.* FRUITS, TOMATOES AND ALL MEATS ARE ACID IN REACTION.

FRESH, CLEAN FOODS

Foods used in clock-controlled oven meals should be fresh, clean and prepared under sanitary conditions.

Food which deteriorates easily; food which is not entirely fresh; or food which shows any signs of spoilage should not be used.

The last two types of food should not be used under any condition.

TIME AND TEMPERATURE

Foods selected for oven meals to be cooked in the O'Keefe & Merritt clock-controlled oven should have the same *standing time* as well as the same *cooking time and temperature.*

Certain foods should be omitted from clock-controlled oven meals. These are foods that do not *stand well* for various reasons.

- they become soggy
- they will not stay mixed
- they acquire off-flavors on standing
- they turn dark

CUSTARDS and CREAM FILLINGS should be avoided. Foods containing cream sauces are *not* recommended for use in the oven meal that is to be cooked by clock-control.

FOODS SUITABLE FOR CLOCK-CONTROLLED OVEN COOKERY

Following are listed the foods which have been found practical for including in oven meals to be cooked by clock-control:

- Roast (regular roasting cuts or pot roasts)
- Meat Loaves
- New England Dinners
- Baked Potatoes
- Squash

- Apples
- Tomatoes
- Deep Dish Fruit Pies

OVEN SHOULD NOT BE HOT FROM PREVIOUS USE

At the time oven meal is placed in the oven, the oven should not be hot from previous usage. Pilot-light heat has been allowed for and need cause no concern.

FOODS

In planning a clock-controlled oven meal, choose foods that can be cooked for the same time and temperature.

TIME AND TEMPERATURE

The cooking time and temperature for an oven meal is usually determined by that required for the meat or entree dish.

REFRIGERATION

Start oven meal preparation far enough in advance so that foods may be refrigerated and thoroughly chilled before they are placed in the oven to stand until cooking begins.

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PANS AND OVEN RACKS

Select pans and casseroles that fit into the oven. Check and decide on placement of utensils before they are filled with food. Be sure all utensils put in the oven for an oven meal fit conveniently.

Both oven racks can be used. Place pans on oven racks so they do not touch each other or the side walls of the oven. Do not put one pan directly above, or below, another one.

Baking utensils recommended for each recipe in this book are standard metal, glass or pottery baking dishes. The measurements have been taken at the top inside for width and length dimensions and the inside perpendicular dimensions for depth.

VEGETABLES

Cut vegetables in small pieces if they are included in a short-time oven meal. For long-time meals either cut vegetables in large pieces or cook them whole.

Cook vegetables in tightly covered pans or casseroles chosen so quantity of vegetable almost fills utensil. Add water to 1/2" depth in pan unless recipe states otherwise.

FRUITS

Fruits, dried or fresh, may be included in oven-meal menus. If lemon juice is sprinkled over light-colored fresh fruits it will prevent discoloration. Add desired sugar to dried fruits after cooking instead of at start.

BAKING PERIOD

Plan period of cooking by the clock in order that food may be served very soon after cooking is complete. Foods will keep hot for 30 to 45 minutes after the oven has been turned off, but flavors and textures are generally better if the

food is served at once. Foods left too long in oven after cooking is completed may become overcooked.

USES OF THE AUTOMATIC CLOCK

It isn't necessary to cook an entire oven meal to put the automatic clock to use. A roast, which requires several hours, can be cooked using clock control; and the meal completed the last minute: Vegetables quick-cooked in your pressure saucepan, and a salad or dessert previously prepared and stored in your refrigerator.

STANDING TIME DEFINED

All O'Keefe & Merritt *clock-controlled* recipes specify a "Standing-time". This term is used to designate the period of time foods stand in the oven before the automatic clock turns on the oven flame to start the cooking process.

(We are indebted to the American Gas Association for permission to publish the following tested menus:)

Clock-Controlled Menu 1:

OVEN STEWED CHICKEN WITH CURRY SAUCE

OVEN STEAMED BEETS

OVEN STEAMED ARTICHOKE

Maximum Standing Time: 5 hours

Baking Time: 4 hours

Oven Temperature: 300°

OVEN-STEWED CHICKEN

1 heavy stewing chicken
3 1/2 cups water
1 onion, sliced
6 stalks of celery, sliced
1 teaspoon salt
1/8 teaspoon pepper

Cut chicken into serving pieces. Place chicken pieces in casserole and cover with cold water. Add onion, celery and seasonings. Cover casserole.

Cook four hours; when chicken is tender, cool, bone and dice. Stir into curry sauce.

Recommended baking utensil: 3 quart casserole with cover. Approximate number of servings: 4-6.

CURRY SAUCE

4 tablespoons butter
1/2 cup flour
2 cups milk or cream
2 cups chicken stock
1 teaspoon salt
1/8 teaspoon pepper
2 teaspoons curry powder

Melt butter over low flame. Stir in flour. Gradually stir in milk and chicken stock. Continue stirring until mixture boils and thickens. Add seasonings and mix well. Add diced, cooked chicken and simmer slowly for 3 minutes, stirring as little as possible to prevent breaking chicken pieces.

OVEN-STEAMED ARTICHOKE

4 medium-sized artichokes
3 tablespoons salad oil
3 tablespoons lemon juice or vinegar
1 tablespoon salt

Wash and trim artichokes. Place in casserole and fill 2/3 full of water. Add oil and lemon juice or vinegar; cover casserole. Ovensteam artichokes 4 hours.

Recommended baking utensil: 3-quart casserole with cover.

Approximate number of servings: 4

OVEN-STEAMED BEETS

4 to 5 medium to large beets
1 tablespoon vinegar
1 1/2 cups water

complete oven meals

2 tablespoons margarine or butter
1/2 teaspoon salt

Trim beets, leaving one-inch stems. Do not peel. Wash thoroughly and place beets in casserole. After adding water and salt, cover casserole and place in oven. Steam beets 4 hours. Slip skins off beets, slice or dice. Add vinegar and margarine or butter. Beets may be served with Harvard sauce or melted butter.

Recommended baking utensil: 2-quart casserole with cover.

Approximate number of servings: 4

Clock-Controlled Menu 2:

POT ROAST OF BEEF

CARROTS EN CASSEROLE

CRISPY APPLE PUDDING

Maximum Standing Time: 5 hours

Baking Time: 4 hours

Oven Temperature: 275°

POT ROAST OF BEEF

4-6 pounds round bone or seven bone pot roast of beef
3 tablespoons shortening
Water, salt and pepper

Brown pot roast in hot shortening. Slip trivet or rack under roast and pour in water to 1/2" depth. Refrigerate meat several hours if it is to stand in oven before cooking begins. Roast meat 4 hours.

Recommended baking utensil: 11" diameter skillet (or Dutch oven) with cover.

Approximate number of servings: 8

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CARROTS EN CASSEROLE

- 8 to 10 carrots
- ½ teaspoon salt
- ⅓ teaspoon pepper
- 1½ cups water
- 2 tablespoons butter

Peel carrots and arrange in oiled casserole. Season carrots and add water. Cover casserole and place in oven. Bake carrots 4 hours. After baking, season with butter and serve. Recommended baking utensil: 1½ quart casserole with cover. Approximate number of serving: 8

CRISPY APPLE PUDDING

- 6 apples peeled and quartered
- ½ cup sugar
- ½ cup water
- 2 tablespoons lemon juice
- ¾ cup brown sugar
- ¾ cup flour
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- ⅓ cup butter or margarine

Place peeled and quartered apples in casserole. Mix sugar, water and lemon juice together and pour over apples. Mix brown sugar, flour, salt and cinnamon. Cut in butter to form crumb mixture. Sprinkle over apples and bake 4 hours.

Recommended baking utensil: 1½-quart casserole.

Approximate number of servings: 6-8

Clock-Controlled Menu 3:

BAKED HAM

CANDIED YAMS

MEXICALI BEANS

Maximum Standing Time: 5 hours

Baking Time: 4 hours

Oven Temperature: 300°

BAKED HAM

- 9-12 pound whole ham
- 6 slices pineapple
- Whole cloves

Trim excess fat from ham and score. Stick whole cloves in surface of ham. Arrange pineapple slices on fat side of ham and secure with toothpicks. Place, fat side up, on a rack in a shallow roasting pan and bake in oven for 4 hours.

Recommended baking utensil: 9" x 13" x 1½" utility pan with rack.

Approximate number of servings: 15-18

CANDIED YAMS

- 6 medium-sized red yams
- ½ cup butter
- ⅔ cup brown sugar
- ⅓ cup orange juice
- ½ teaspoon salt

Peel yams, cut in quarters lengthwise and place in casserole. Melt butter, add sugar, orange juice and salt. Pour over yams, cover casserole and bake in oven for 4 hours.

Recommended baking utensil: 2-quart casserole with cover.

Approximate number of servings: 6-8

MEXICALI BEANS

- 4 tablespoons butter
- 3 tablespoons flour
- ½ teaspoon salt
- 1 teaspoon chili powder
- 2 cups canned tomatoes
- 1 medium-sized onion, grated
- 2 10-oz. packages frozen string beans

Melt butter. Add flour and salt and blend. Add tomatoes and onions. Cook mixture 3 minutes, stirring constantly. Place frozen green beans in casserole, add sauce, cover casserole and bake in oven for 4 hours.

NOTE: *Fresh string beans may be used in place of frozen beans.*

Recommended baking utensil: 2-quart casserole with cover.

Approximate number of servings: 6-8

Clock-Controlled Menu 4:

FLANK STEAK ROLL WITH TOMATO BREAD STUFFING

SPANISH-MEXICAN DISHES

Our grateful appreciation to Mrs. Elena Zelayeta of Los Angeles for permission to reprint the following recipes from her famous Mexican and Spanish Cook Book.

SOPA JULIANA CON ALBONDIGAS (Vegetable Soup with Meatballs)

- 4 tablespoons oil
- 1 onion, minced
- ¼ cup tomato sauce
- 3 quarts chicken stock
- 2 large carrots
- 1 pound fresh peas
- ½ pound string beans
- 3 tablespoons raw rice
- ½ pound ground pork
- ½ pound ground beef
- 6 mint leaves
- ¼ cup parsley
- 1 egg, slightly beaten
- 1 teaspoon salt
- Pepper

Fry onion in oil about 5 minutes, then add tomato sauce and stock. When mixture is boiling add cubed vegetables. Prepare meat as follows: Mix rice into meat, adding chopped parsley and mint leaves and salt and pepper. Add egg and mix well. Roll mixture into small balls the size of a pecan, and drop into boiling stock. Cover tightly and let simmer half an hour. Serves 6 to 8.

HUEVOS AL HORNO A LA MEXICANA (Shirred Eggs Mexican Style)

- ½ onion, minced
- 2 tablespoons butter
- 1 can tomato sauce
- 3 or more chile tepines, as desired
- Salt and pepper
- 6 eggs

Fry onion in butter until tender, but do not brown. Add tomato sauce, mashed chiles, and a small amount of water if sauce is very thick. Add salt and pepper to taste. Divide sauce into

6 greased custard cups, and break one egg into each cup. Place cups in a pan of hot water and bake from 12 to 15 minutes in a 375° oven. These may be scooped out of the cups and served over white rice or toast. Makes 6 servings.

ALDILLA ADOBADA—(Barbecued Flank Steak)

- 1 large flank steak
- 2 cloves garlic
- Salt and pepper
- 3 tablespoons oil
- 2 tablespoons vinegar
- 1 teaspoon oregano
- 1 can tomato sauce

Cut flank steak into large pieces, mash garlic and rub all over meat. Season to taste. Add oil, vinegar and oregano (rubbed between palms of hands) and let stand at least 3 hours. About 20 minutes before serving time, pour tomato sauce over all and place under broiler, turning occasionally. If desired, cook longer. Serves 5 or 6.

LOMO DE PUERCO (Loin of Pork, Mexican Style)

- 2 pounds lean pork loin
- 2 cloves garlic
- Black pepper (pepper corns)
- 6 chiles colorado (red chiles)
- 1 teaspoon oregano
- Pinch of comino
- 3 tablespoons oil
- Salt

Boil pork in salted water to which has been added 1 clove garlic and whole black pepper (pepper corns). Slice, add to it the following sauce: Wash chiles, remove seeds, and soak pods in warm

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water until tender, about 20 minutes. Grind to the consistency of paste the chiles, remaining clove of garlic, oregano and comino. Add 2 cups of the liquid in which the pork was cooked; mix with the paste and strain. Heat oil, add the sauce, adding salt and pepper to taste. Lastly add sliced meat and cook about 15 minutes, until well seasoned. Serve garnished with rings of onions which have been soaked in salt water and vinegar. Serves 4.

POLLO EN CACEROLA A LA ESPANOLA

(Chicken in Casserole, Spanish Style)

- 1 roasting chicken (medium-sized) cut in pieces
- ½ cup water
- ½ cup melted butter
- 2 tablespoons flour
- ½ teaspoon thyme
- Salt and pepper
- 2 tablespoons minced parsley
- 1 bay leaf
- ½ cup white table wine

Wash chicken and place in casserole; add water, and melted butter mixed with flour and thyme, and salt and pepper to taste. Place in a fairly hot oven (400°); uncovered. When top pieces are brown, turn so that the bottom pieces may also brown. Then add parsley, bay leaf and wine, cover, and cook in a moderate oven (350°) until chicken is tender—about 1 hr. Serves 4.

NIDO DE PAPA Y CARNE

(Mexican Meat Casserole Dish)

- 2 cups mashed potatoes
- 1 egg yolk, beaten
- 1 tablespoon chopped onion
- 1 tablespoon minced parsley
- 2 tablespoons oil
- 1 cup tomato puree
- 1½ pounds boiled beef, cubed
- ½ pound raw ham, cubed

- 2 tablespoons butter
- Salt and pepper

Prepare mashed potatoes in the usual way, but add the egg yolks and beat well. Fry onion and parsley in oil; add tomato puree and the cubed beef and ham. Season well. In a buttered casserole put a layer of mashed potatoes, then one of meat in sauce; repeat, having top layer potatoes. Dot with butter and bake for half an hour in a moderately hot oven (375°). Serves 6.

BERENJENAS RELLENAS (Stuffed Eggplant)

- 3 medium-sized eggplants
- ¼ pound boiled ham, minced
- ½ cup bread crumbs
- 1 teaspoon minced parsley
- 2 tablespoons minced onion
- 2 eggs
- ½ cup grated cheese
- ¼ cup butter
- Salt and pepper to taste

Cook eggplants, whole, in boiling salted water for 15 minutes. Cut each in two lengthwise; remove pulp; drain. Combine remaining ingredients with the pulp. Mix well and use to refill the eggplant shells. Place in shallow buttered baking dish and have ready the following sauce:

- 1 tablespoon minced onion
- 1 clove garlic, minced
- 2 tablespoons oil
- ½ cup tomato puree
- ½ cup beef stock
- Salt and pepper to taste
- 1 bay leaf

Fry minced onion and garlic in oil until soft; add remaining ingredients and simmer 15 minutes. Pour over stuffed eggplants and bake in a moderately hot oven (375°) until lightly browned on top—about 20 minutes. Serves 6.

Warranty

ON YOUR O'KEEFE & MERRITT RANGE

Your O'Keefe & Merritt range is built to give you complete satisfaction, and is in warranty against defect in material and workmanship for one (1) full year from date of purchase. Any part of your range which becomes defective within the first year will be replaced free of charge.

All burners on O'Keefe & Merritt ranges are guaranteed for the life of the range. The tempered glass in your oven door is specially treated to be heat and shock resistant. It should last for the lifetime of your range.

The Titanium Enamel finish of your range, while extremely durable, may chip if it receives a severe impact or if it is washed while it is too hot. Your range is NOT in warranty against damage of this type. (See Care of Porcelain Finish.)

Chrome parts, although extremely durable, may scratch if brought into contact with hard-surfaced objects or abrasive materials. Also, chrome may discolor if subjected to extreme heat. Therefore, your range is not in warranty against this type of damage (see Care of Chrome).

When requesting service or parts information on your range, always give the *COMPLETE* Model Number, Lot Number and Serial Numbers. The model plate can be found in one of six places, depending on the style of your range:

1. Under right main top
2. Under left main top
3. On inside of long compartment door on left of range
4. Under main top on small apartment size ranges
5. Under griddle
6. On right hand side of storage drawer

Should your range be moved from your Dealer's service area during the warranty period, it may be necessary for you to select a range repair man of your choice who should charge you for labor only—as the parts are in warranty. Whenever possible, the factory will be happy to give you the name of an O'Keefe & Merritt Dealer in your area, who can recommend a serviceman.

O'KEEFE & MERRITT COMPANY

3700 E. OLYMPIC BOULEVARD, LOS ANGELES 23, CALIFORNIA